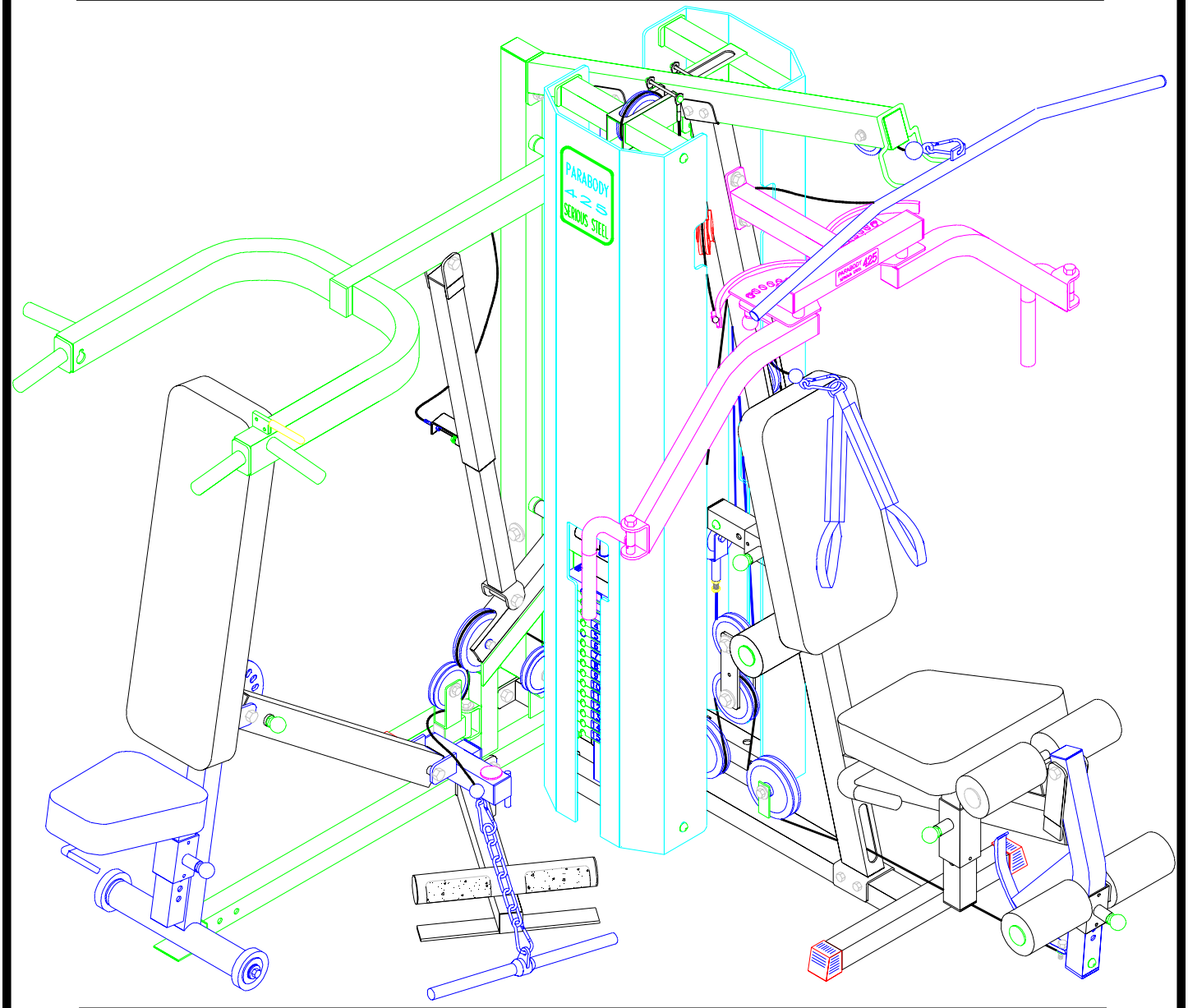
PARABODY

Serious Steel

425103 HOME GYM



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF Serious steel!

Please note:

* Thank you for purchasing the Parabody 425103 Home Gym. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

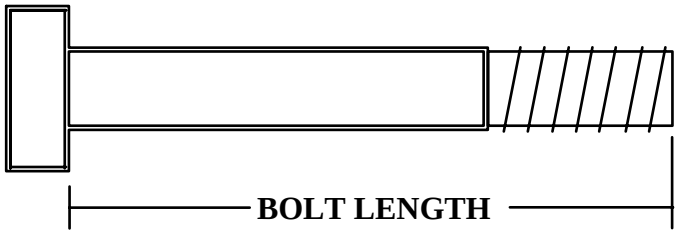
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

Tools Required for Assembly

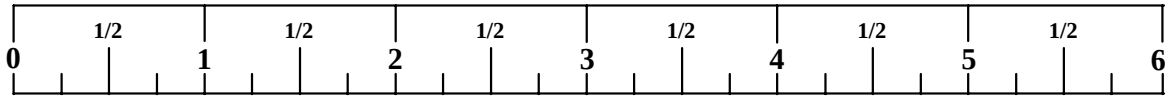
* Rubber mallet or hammer
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 5/32”, 7/32”, 5/16” Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6729403	BASE	1
2	6731003	CALF/LOW ROW	1
3	6726902	COUNTER LEVER	1
4	6723603	REAR UPRIGHT	1
5	6724102	PEC SEAT	1
6	6726003	BEARING HOUSING	1
7	6725902	D-RING	1
8	6723803	MIDDLE UPRIGHT	1
9	6729602	PEC SEAT ADJUST	1
10	6727002	PRESS SWIVEL	1
11	6725302	ROLLER PAD ADJUST	1
12	6728002	PRESS SEAT ADJUST	1
13	6725703	RECEIVING TUBE	1
14	6728402	TOMALOCK HANDLE	2
15	6723103	LEG CURL/EXT	1
16	6726702	BACK PAD ADJUST	1
17	6724603	TOP BOOM	1
18	6727603	PRESS BASE	1
19	6728903	PEC ARM LEFT	1
20	6728603	PEC ARM RIGHT	1
21	6723203	PRESS SUPPORT TUBE	1
22	6725502	PRESS ADJUST TUBE	1
23	6728803	PRESS BACK SUPPORT	1
24	6736702	PEC CAM	2
25	6730803	FRONT UPRIGHT	1
26	6723902	CENTER PULLEY BRACKET	1
27	6733003	PRESS ARM	1
28	6275302	LAT BAR	1
29	6686802	PULLEY BRACKET	1
30	6501302	SWIVEL PULLEY	1
31	6726501	SHROUD	2
32	6708201	425 SHROUD LABEL	1
33	6489902	1/4 X 2 X 7-1/4” PLATE	2
34	6375902	1-1/4 SQ. X 4-7/8” TUBE	2
35	6125101	3/4 OD X 16” TUBE	1
36	6523401	72-3/8” GUIDE ROD	2
37	6194601	ROLLER PAD 4 X 7	6
38	6654702	12 X 9-1/2” PAD	1
39	6654302	33-1/2 X 9-1/2” PAD	1
40	6726402	22 X 10-1/2” PAD	1
41	6726202	15-3/4 X 15-1/2” PAD	1
42	3116201	3-1/2” PULLEY	9
43	3116101	4-1/2” PULLEY	9
44	6166701	2-7/8” L BRACKET	3
45	6533501	2-3/8” L BRACKET	3
46	6405201	2” SQ. END CAP	2
47	3118401	4” VINYL CAP	1
48	3106803	5/16” SET SCREW	4
49	6480301	3/8” FLANGE SPACER	10
50	3105401	3/4" STARLOCK COLLAR	7
51	6412001	3/8” SPRING PIN ASSEMBLY	6
52	6466901	1/2” SPRING PIN ASSEMBLY	1
53	6140701	1 X 1” GLIDE	6
54	3103801	5/16” SNAP LINK	4
55	6535301	1/4” CAP NUT	3
56	3117901	E-RING	1
57	3119101	JOINT CONNECTOR CAP	2
58	3119201	8-32 X 3/16” SCREW	2
59	3119401	#8 INT TOOTH LOCK WASHER	2
60	6321202	CONTROL LEVER	1
61	6145801	3-PRONG KNOB	1
62	6416601	PARAGLIDE	1
63	6535501	3" WHEELS	2
64	3203401	3/8 X 2-1/2” SOCKET HD SCREW	2
65	6177001	2-1/2 X 5-1/2” NONSKID STRIP	2
66	6427101	KEYHOLE CLEVIS	3
67	3117305	3/8 DIA X 1” CLEVIS PIN	3
68	3112901	1-7/16” COTTER PIN	3
69	6732901	TENSION CORDS	3
70	3108002	WEIGHT STACK CUSHION	2
71	3102503	3/4" WASHER	2
72	6714601	HEAD PLATE	1
73	6266001	15 HOLE SELECTOR SHAFT	1
74	6075906	12 LINK CHAIN	1
75	6214401	WEIGHT STACK PIN	1
76	3104901	3/4” FLANGE BEARING	8
77	6619501	3/4” SLEEVE BEARING	2
78	6020601	1/2” FLANGE BEARING	8
79	6382301	PLATE BUSHING 10 CT.	3
80	6389701	CHROME LOW ROW BAR	1
81	6409101	ANKLE STRAP	1
82	6375801	AB CRUNCH STRAP	1
83	3102901	3/8 X 1-1/4” BOLT	6
84	3102933	3/8 X 2” BOLT	10
85	3102922	3/8 X 2-3/4” BOLT	16
86	3102902	3/8 X 2-1/4” BOLT	3
87	3102910	1/2 X 3” BOLT	11
88	3102917	1/2 X 4” BOLT	8
89	3102937	1/2 X 4-1/2” BOLT	3
90	3102943	1/2 X 3-1/2” BOLT	4
91	3102501	3/8” WASHER	40
92	3102802	3/8” LOCKNUT	26
93	3102502	1/2” WASHER	18
94	3102801	1/2” LOCKNUT	16
95	3102804	1/2” LOW HT LOCKNUT	10
96	3202401	3/8” BUTTON HD CAP SCREW	11
97	3104301	3/4” SQ. RUBBER BUMPER	1
98	6535601	PEC DEC CABLE	1
99	6724801	LAT CABLE	1
100	6724901	PRESS CABLE	1
101	6724701	LEG EXT CABLE	1
102	6725001	HEAD PLATE CABLE	1
103	6725101	AB CABLE	1
104	6189501	WEIGHT STACK LABELS	1
105	6214501	WEIGHT PLATE	15
106	3117401	CAP PLUG	4
107	6690901	3/4 X 11” SHAFT	2
108	3102701	3/8” HEX NUT	2

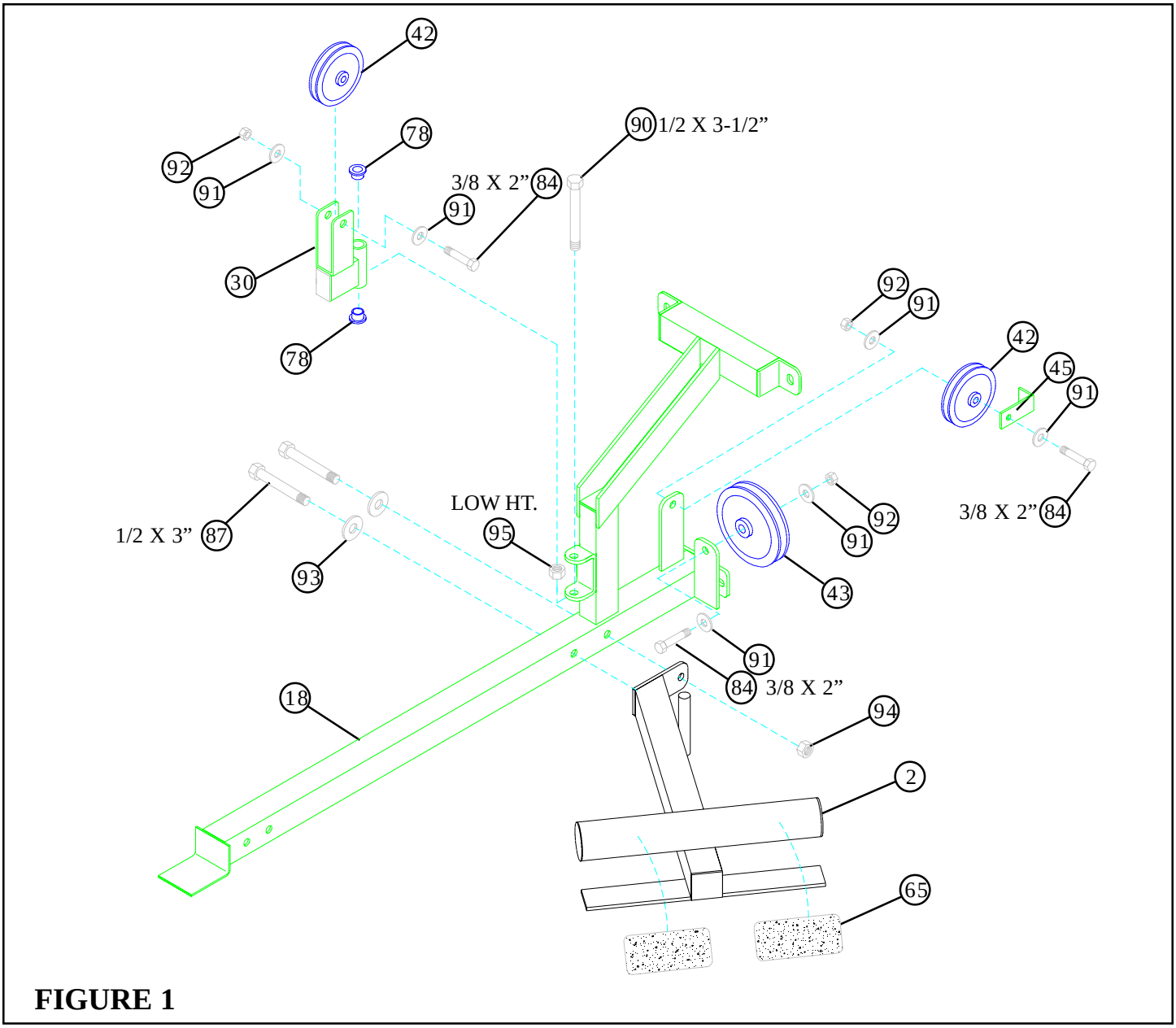


FIGURE 1

STEP 1

- Insert two 1/2" FLANGE BEARINGS (78) into the SWIVEL PULLEY BRACKET (30) as in FIGURE 1.
- Assemble the SWIVEL PULLEY BRACKET (30) to the PRESS BASE (18) using one 1/2 X 3-1/2" BOLT (90) and one 1/2” LOW HEIGHT LOCK NUT (95). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE SWIVEL BRACKET TO ROTATE FREELY.)**
- **SECURELY** assemble one 3-1/2” PULLEY (42) to the SWIVEL PULLEY BRACKET (30) using one 3/8 X 2" BOLT (84), two 3/8” WASHERS (91), and one 3/8” LOCK NUT (92). See FIGURE 1.
- **SECURELY** assemble one 3-1/2" PULLEY (42) to the rear horizontal flat of the PRESS BASE (18) using one 3/8 X 2" BOLT (84), one 2-3/8" CABLE RETAINING CLIP (45), two 3/8" WASHERS (91), and one 3/8" LOCK NUT (92) as shown in FIGURE 1. (**NOTE: 2-3/8” CABLE RETAINING CLIP (45) should face as shown in FIGURE 1.)**
- **SECURELY** assemble one 4-1/2" PULLEY (43) to the lower horizontal flat of the PRESS BASE (18) using one 3/8 X 2" BOLT (84), two 3/8" WASHERS (91), and one 3/8" LOCK NUT (92) as shown in FIGURE 1. **(NOTE: Make sure there is no contact between the two pulleys.)**
- Attach two 5-1/2 X 2-1/2" NON SKID STRIPS (65) to the LOW ROW/CALF RAISE (2) approximately where shown in FIGURE 1.
- **SECURELY** assemble the LOW ROW/CALF RAISE (2) to the PRESS BASE (18) using two 1/2 X 3" BOLTS (87), two 1/2" WASHERS (93), and one 1/2" LOCK NUT (94).

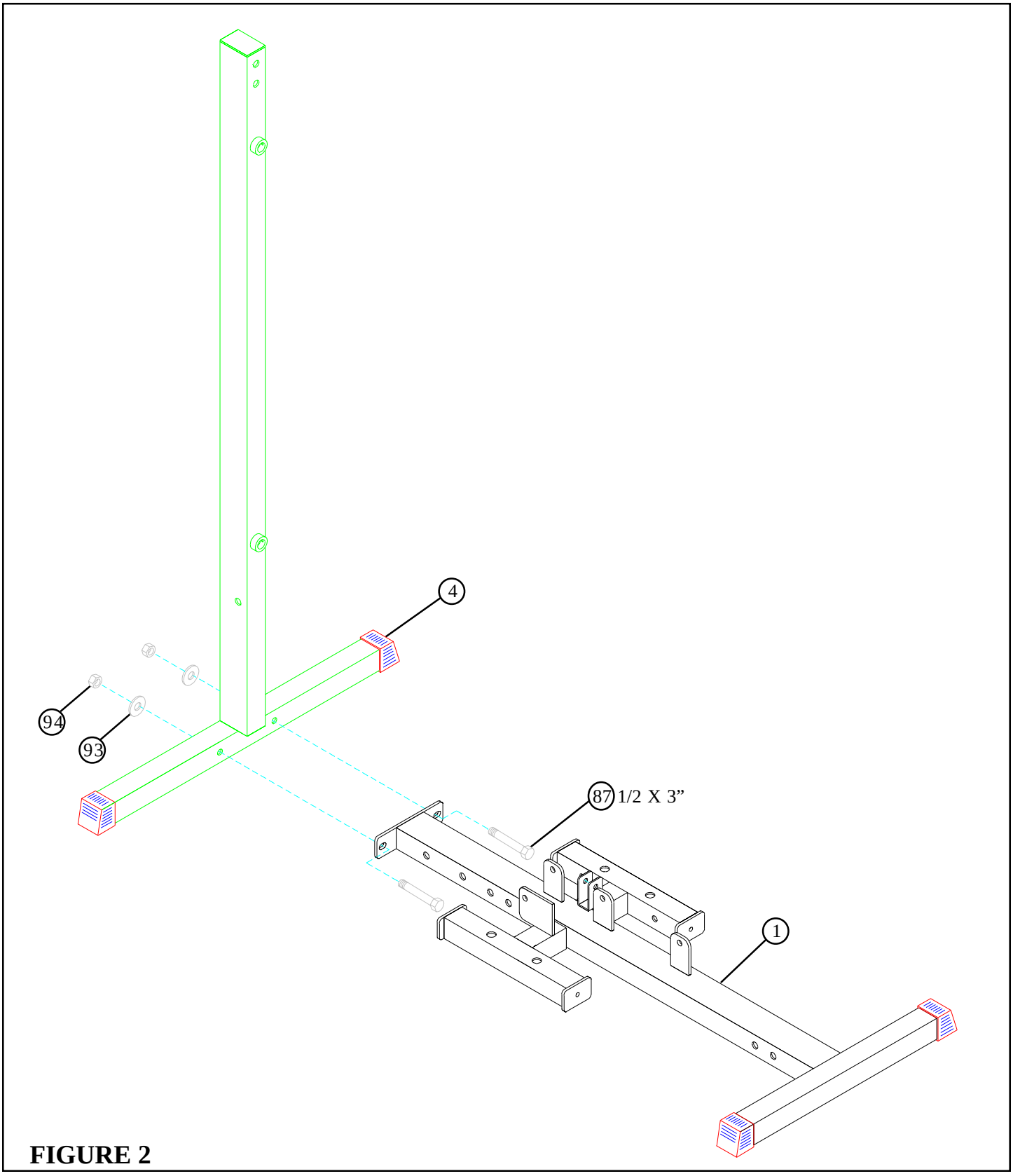
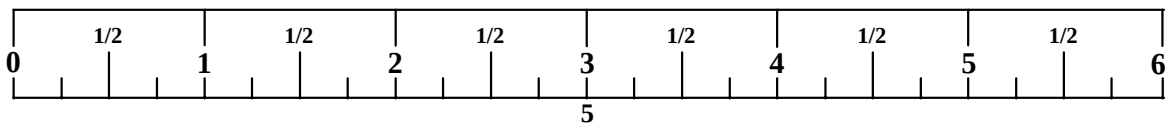


FIGURE 2

STEP 2

- **LOOSELY** assemble the REAR UPRIGHT (4) to the BASE (1) using two 1/2 X 3” BOLTS (87), two 1/2” WASHERS (93), and two 1/2” LOCK NUTS (94) as shown in FIGURE 2.



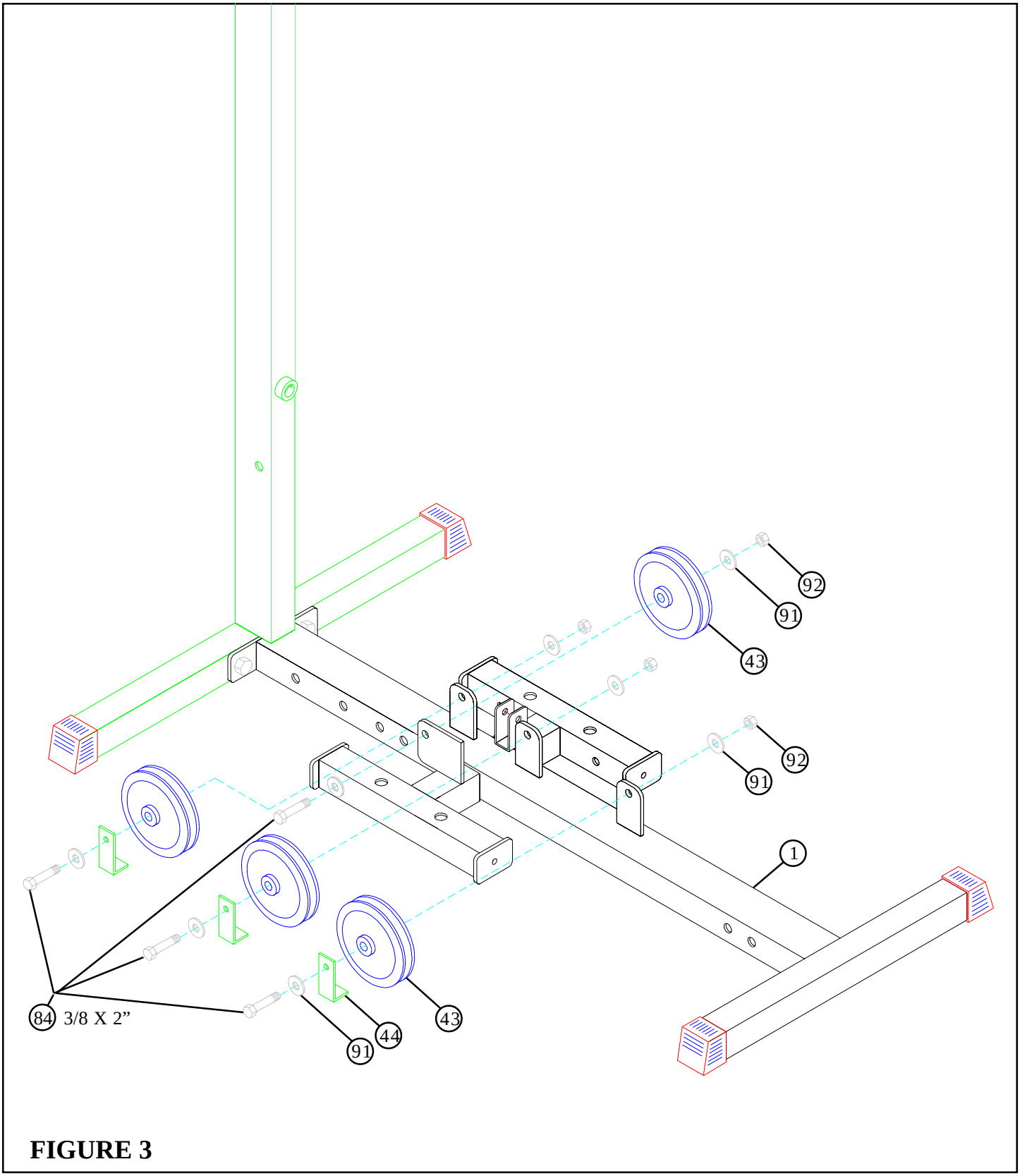


FIGURE 3

STEP 3

- **SECURELY** assemble three 4-1/2” PULLEYS (43) to the upper flats on the BASE (1) using three 3/8 X 2” BOLTS (84), six 3/8” WASHERS (91), three 2-7/8” L-BRACKETS (44), and three 3/8” LOCK NUTS (92). See FIGURE 3.
- **SECURELY** assemble one 4-1/2” PULLEY (43) to the lower flat on the BASE (1) using one 3/8 X 2” BOLT (84), two 3/8” WASHERS (91), and one 3/8” LOCK NUT (92). See FIGURE 3.

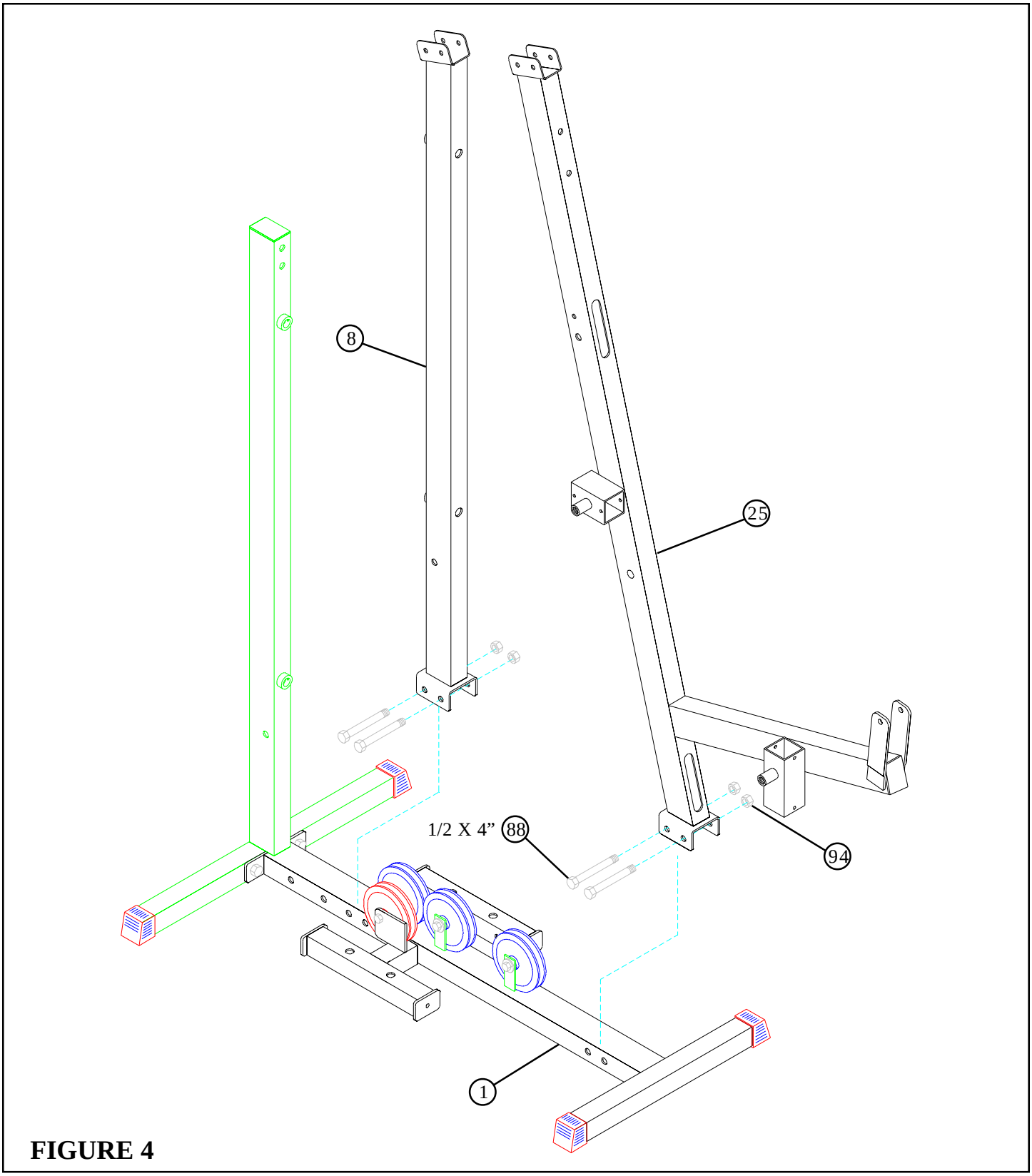
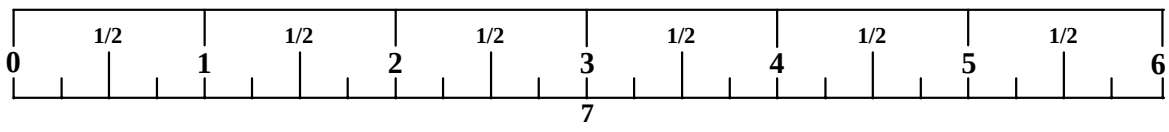


FIGURE 4

STEP 4

- **LOOSELY** assemble the FRONT (25) & MIDDLE UPRIGHTS (8) to the BASE (1) using four 1/2 X 4” BOLTS (88) and four 1/2” LOCK NUTS (94) as shown in FIGURE 4.



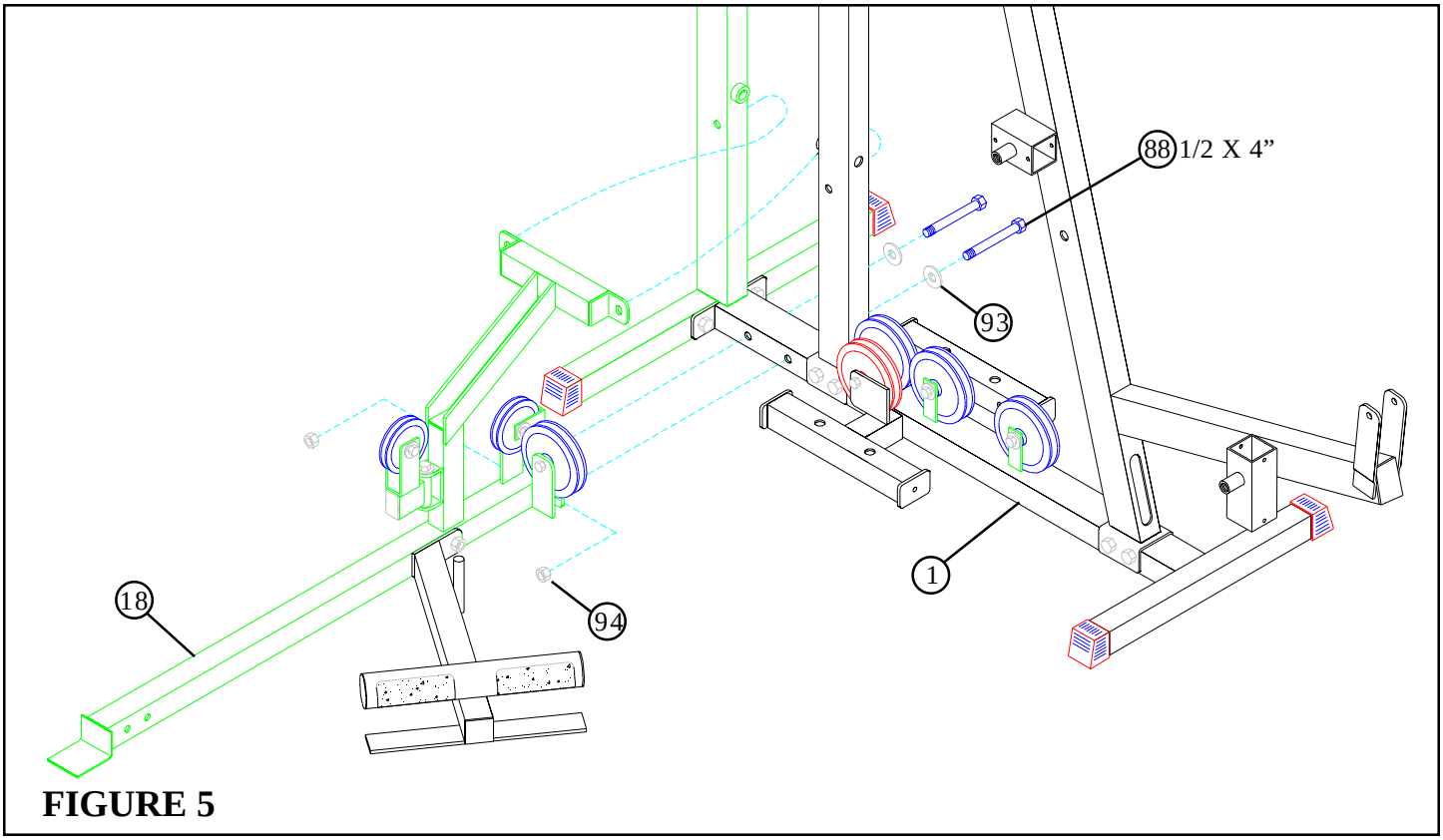


FIGURE 5

STEP 5

- **LOOSELY** assemble the PRESS BASE (18) to the BASE (1) using two 1/2 X 4” BOLTS (88), two 1/2” WASHERS (93), and two 1/2” LOCK NUTS (94). See FIGURE 5.

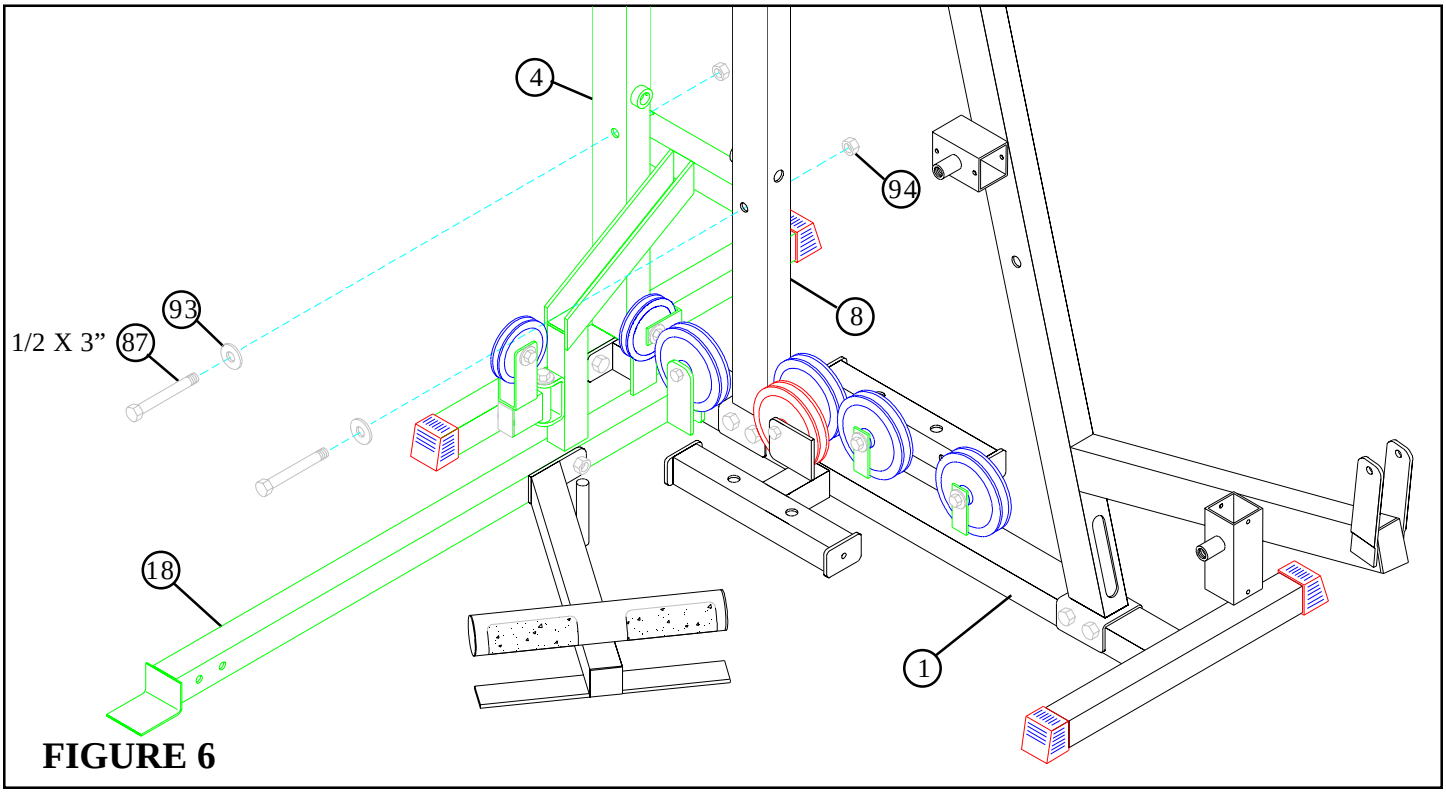


FIGURE 6

STEP 6

- **LOOSELY** assemble the PRESS BASE (18) to the REAR (4) & MIDDLE UPRIGHTS (8) using two 1/2 X 3” BOLTS (87), two 1/2” WASHERS (93), and two 1/2” LOCK NUTS (94). See FIGURE 6.

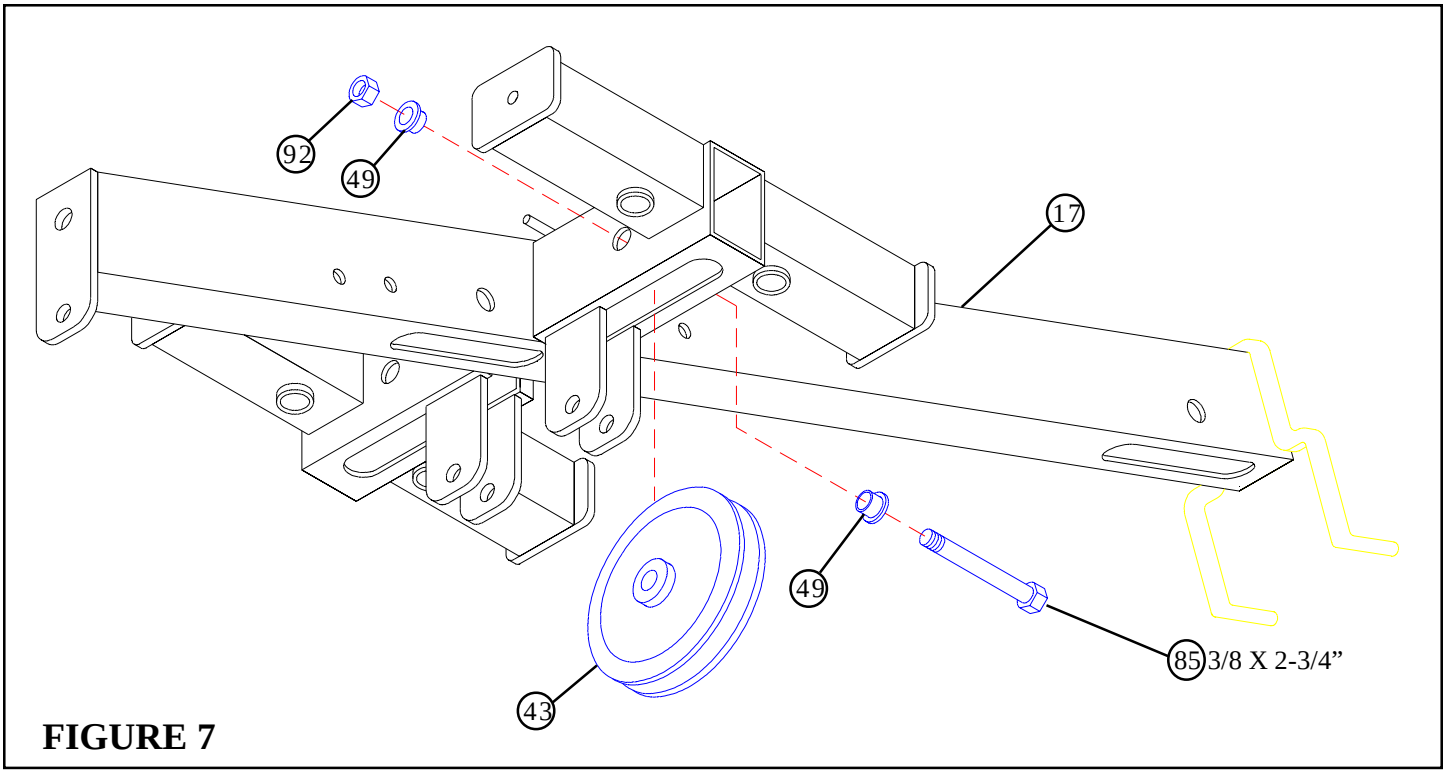


FIGURE 7

STEP 7

- **LOOSELY** assemble one 4-1/2” PULLEY (43) to the TOP BOOM (17) using one 3/8 X 2-3/4” BOLT (85), two 3/8” FLANGE SPACERS (49), and one 3/8” LOCK NUT (92). See FIGURE 7.

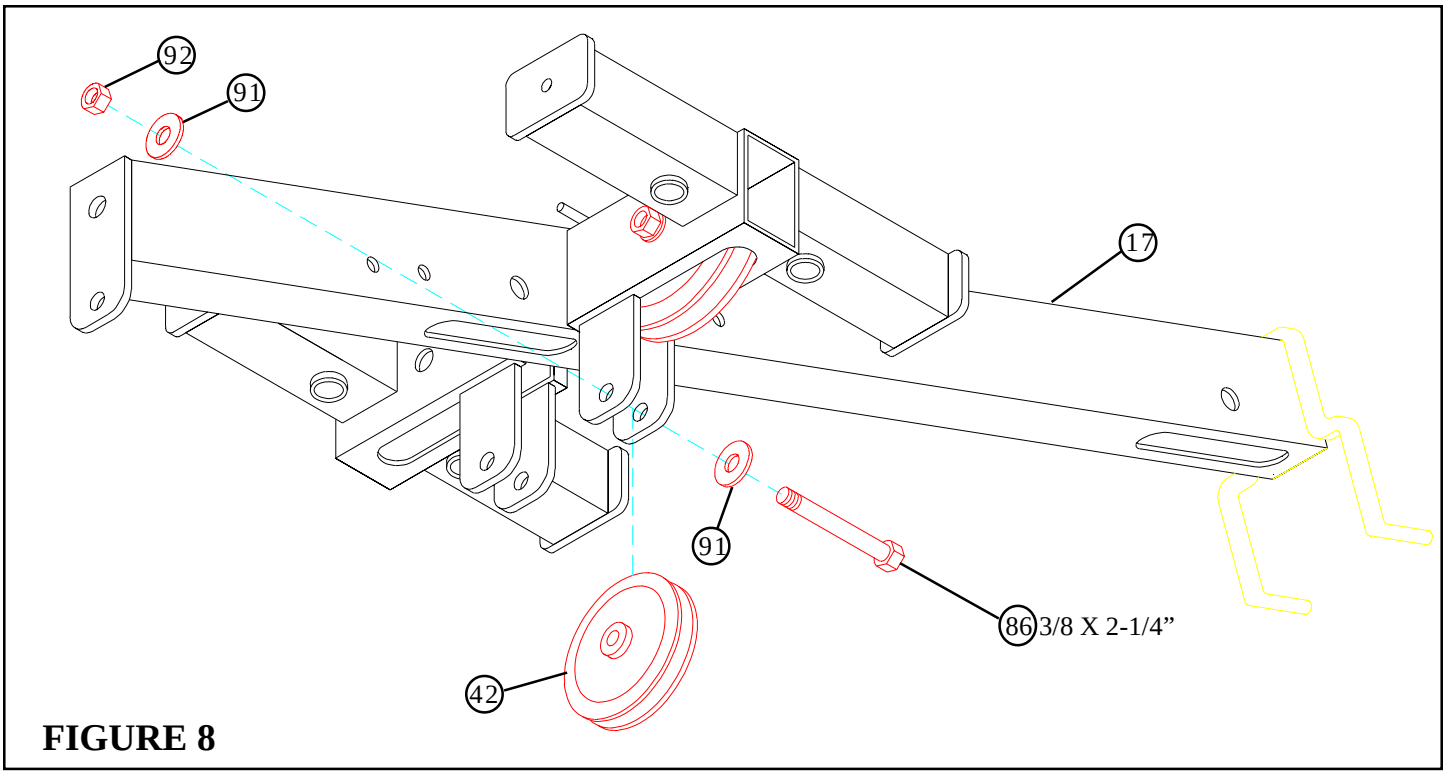
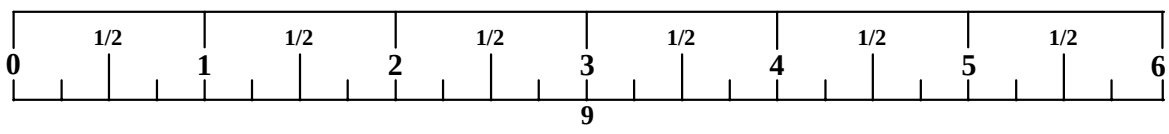


FIGURE 8

STEP 8

- **LOOSELY** assemble one 3-1/2” PULLEY (42) to the TOP BOOM (17) using one 3/8 X 2-1/4” BOLT (86), two 3/8” WASHERS (91), and one 3/8” LOCK NUT (92). See FIGURE 8.



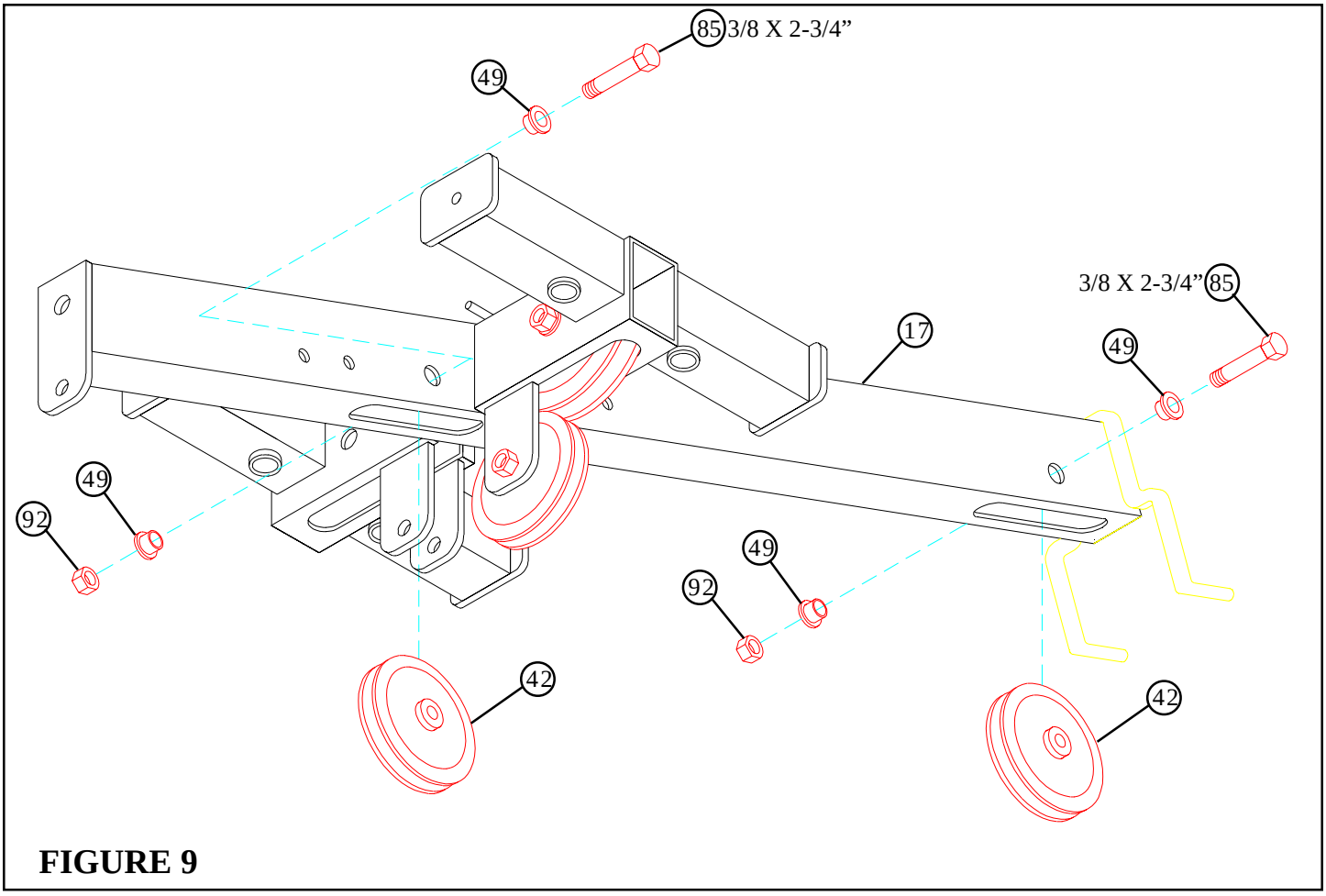


FIGURE 9

STEP 9

- **LOOSELY** assemble two 3-1/2” PULLEYS (42) to the TOP BOOM (17) using two 3/8 X 2-3/4” BOLTS (85), four 3/8” FLANGE SPACERS (49), and two 3/8” LOCK NUTS (92). See FIGURE 9.

STEP 10

- Insert two WEIGHT PLATE BUSHINGS (79) into the “PARABODY” side of each of the fifteen WEIGHT PLATES (105) as shown in FIGURE 10.

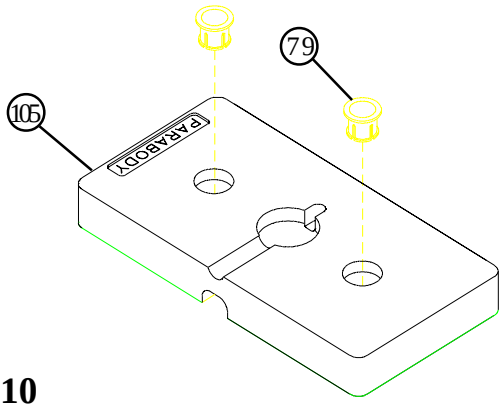
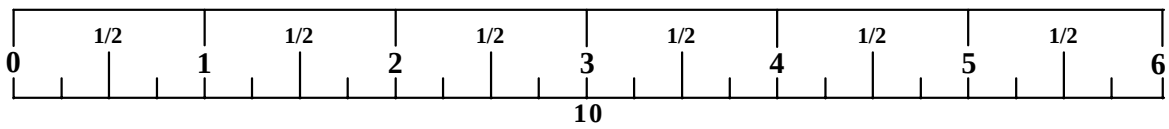


FIGURE 10



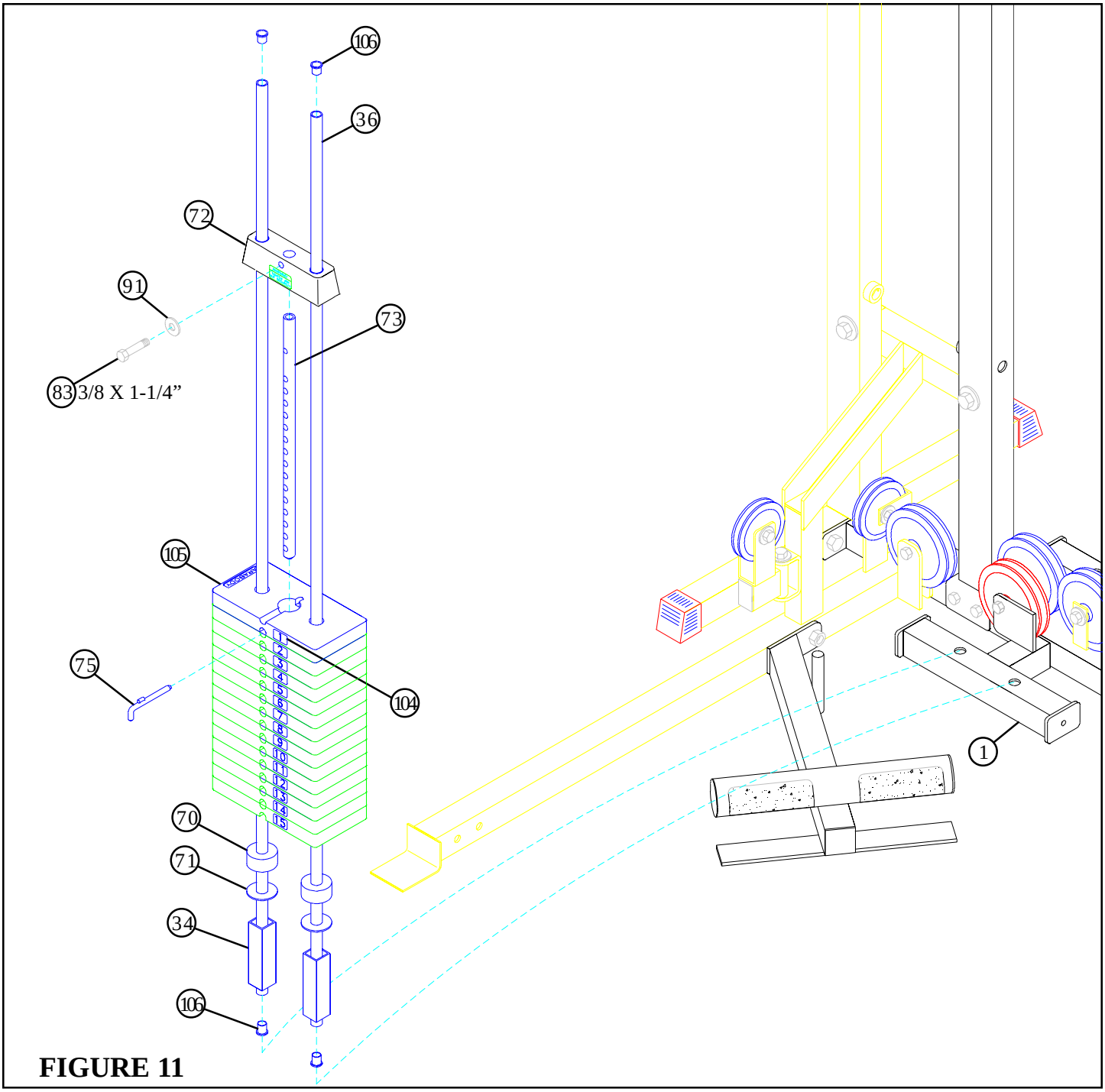


FIGURE 11

STEP 11

- **SECURELY** assemble the SELECTOR SHAFT (73) to the HEAD PLATE (72) using one 3/8 X 1-1/4” BOLT (83) and one 3/8” WASHER (91).
- Insert two GUIDE RODS (36) into the BASE (1) as shown on FIGURE 11. **(NOTE: Lubricate GUIDE RODS (36) with silicon or teflon spray available at most hardware stores.)**
- Slide two 1-1/4 SQ. X 4-7/8” TUBES (34), two 3/4” WASHERS (71), and two WEIGHT STACK CUSHIONS (70) - **IN THAT ORDER** - down over the GUIDE RODS (36).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (105) down over the GUIDE RODS (36) on to the WEIGHT STACK CUSHIONS (70). Make sure that the keyholes of the WEIGHT PLATES (105) are all facing the right way.
- Slide the head plate assembly down over the GUIDE RODS (36) onto the weight stack.
- Insert four CAP PLUGS (106) into the top and bottom ends of the GUIDE RODS (36) as shown in FIGURE 11.
- Attach the WEIGHT STACK LABELS (104) to the weight stack. Also insert the WEIGHT STACK PIN (75) into the first WEIGHT PLATE (105) of the weight stack.

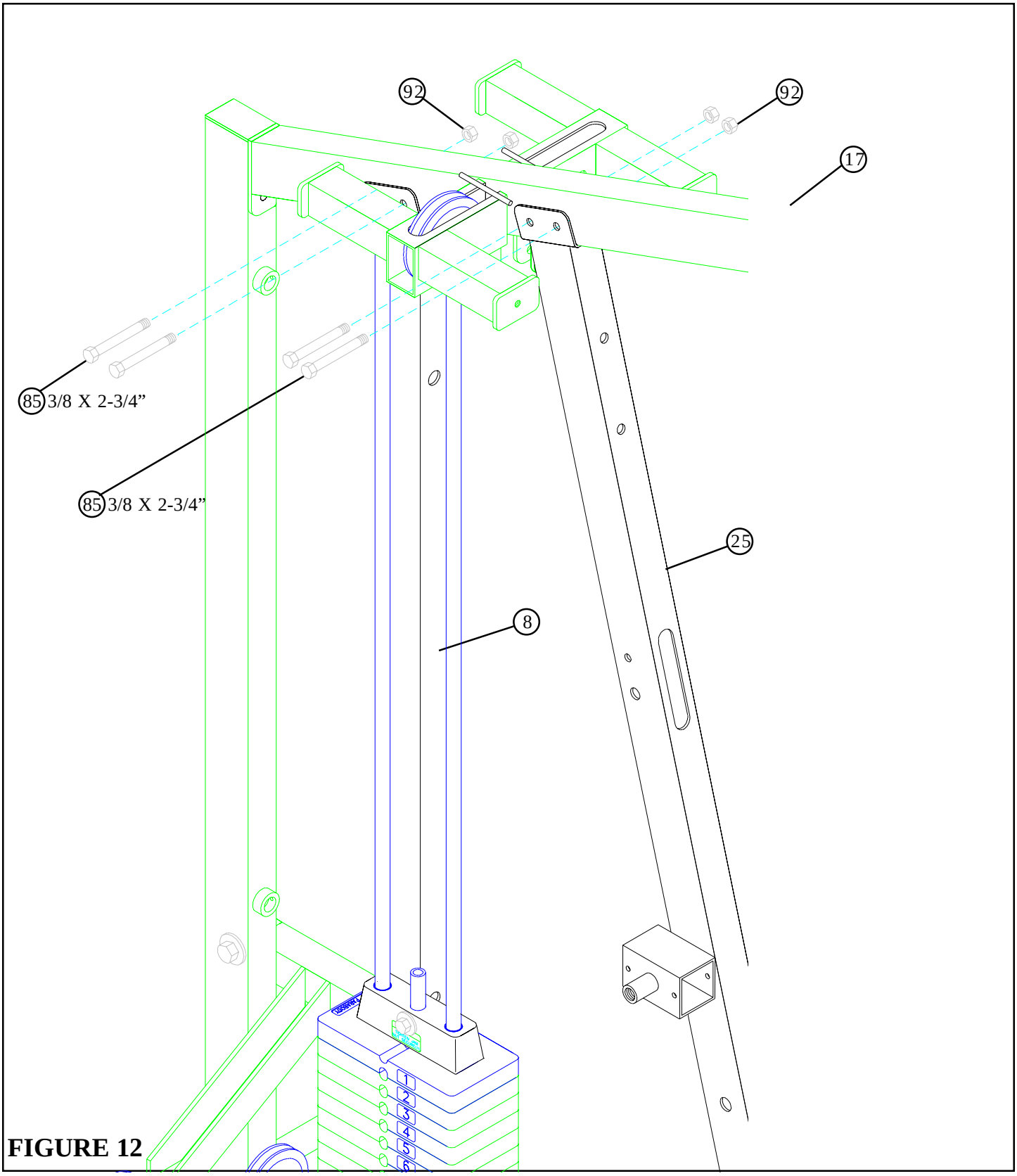


FIGURE 12

STEP 12

- **LOOSELY** assemble the TOP BOOM (17) to the top of the MIDDLE (8) & FRONT UPRIGHT (25) using four 3/8 X 2-3/4” BOLTS (85) and four 3/8” LOCK NUTS (92). See FIGURE 12.

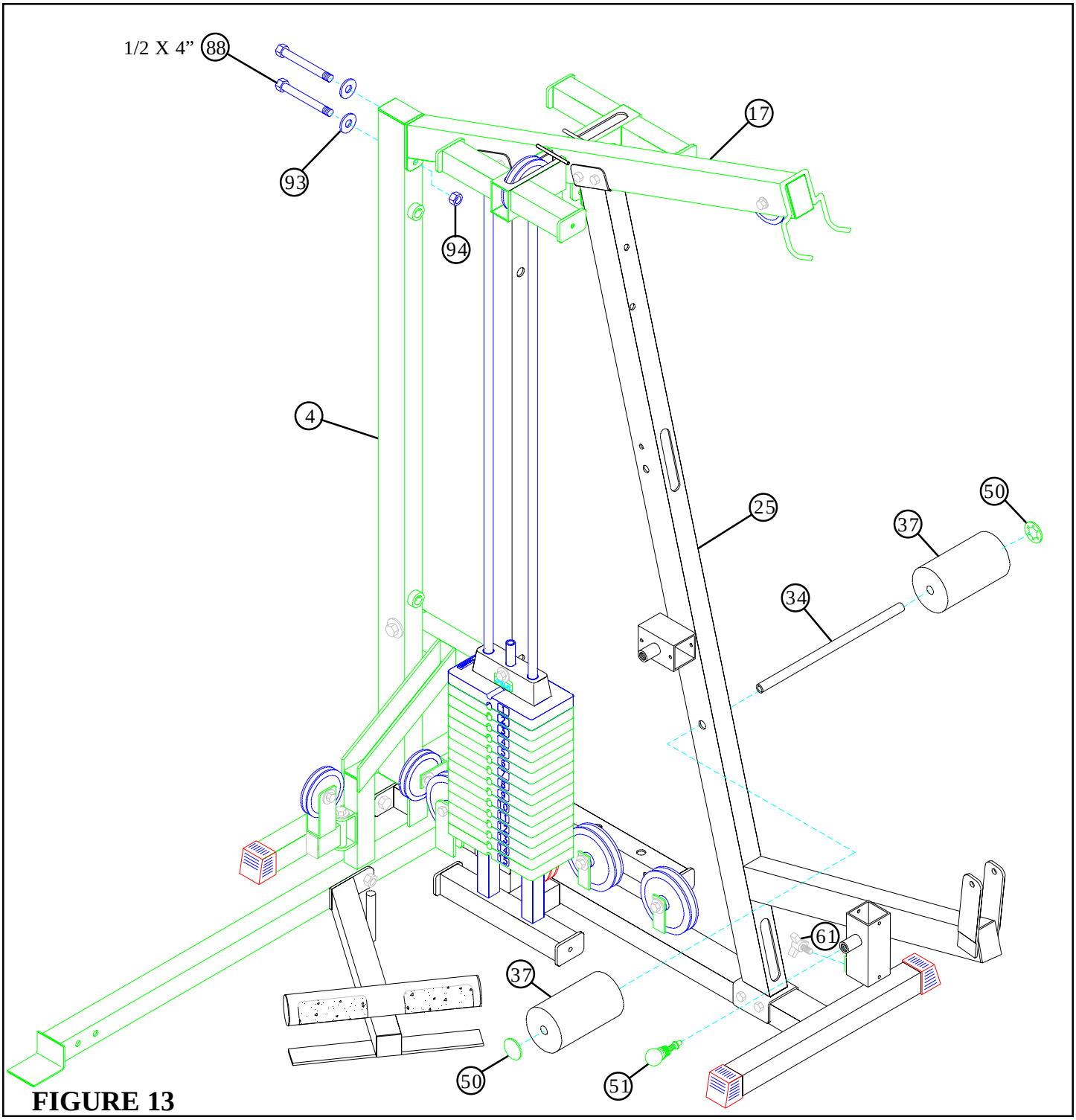
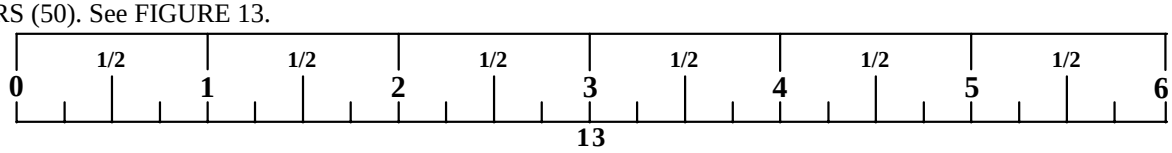


FIGURE 13

STEP 13

- **LOOSELY** assemble the TOP BOOM (17) to the top of the REAR UPRIGHT (4) using two 1/2 X 4" BOLTS (88) two 1/2" WASHERS (93) and one 1/2" LOCK NUT (94). See FIGURE 13.
- **SECURELY** assemble one 3/8" SPRING PIN ASSEMBLY (51) to the SPRING PIN HOUSING on the FRONT UPRIGHT (25) as shown in FIGURE 13.
- Attach one 3-PRONG KNOB (61) the FRONT UPRIGHT (25) as shown in FIGURE 13.
- Assemble two ROLLER PADS (37) to the FRONT UPRIGHT (25) using one 3/4 OD X 16" TUBE (34) and two STARLOCK COLLARS (50). See FIGURE 13.



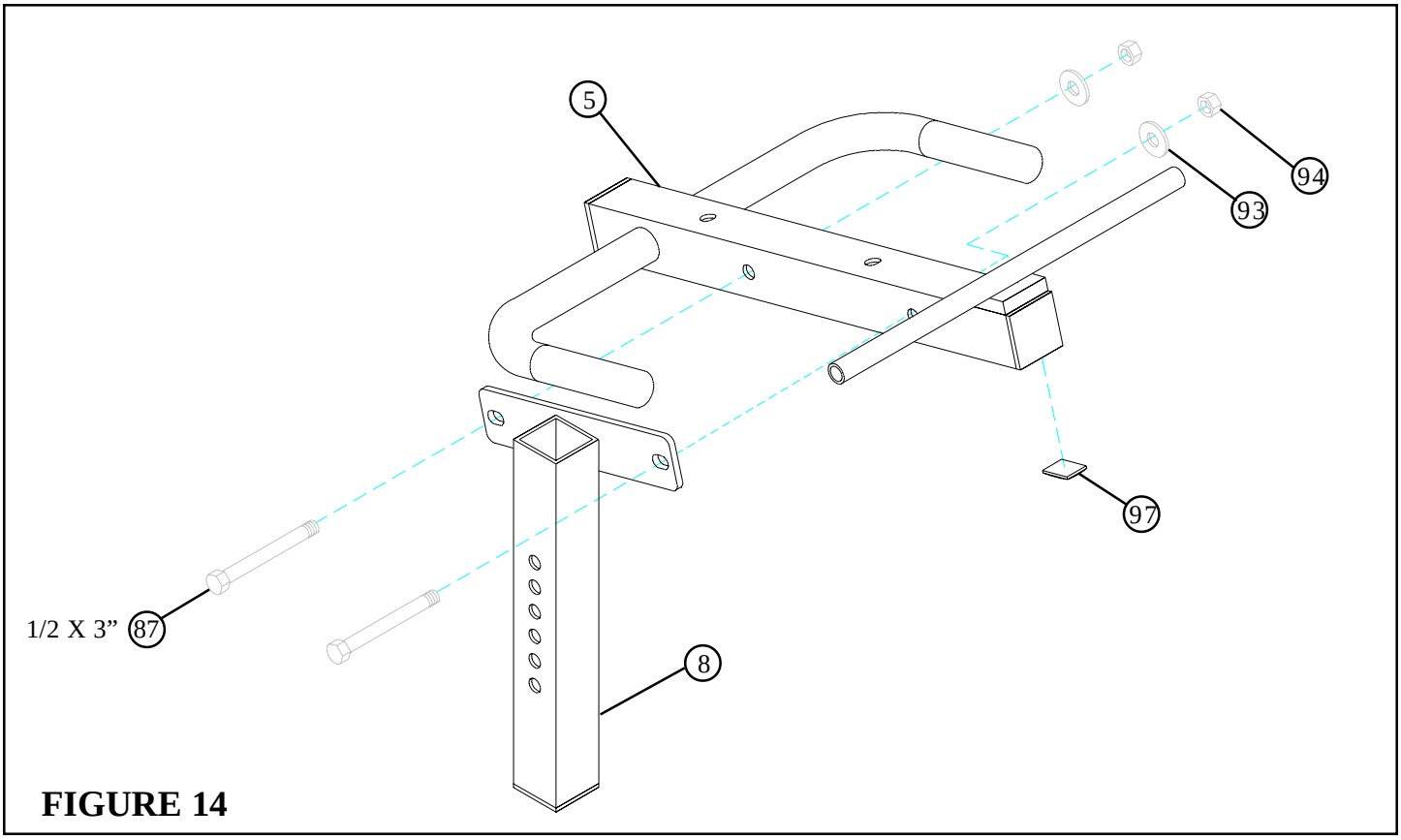


FIGURE 14

STEP 14

- **SECURELY** assemble the PEC SEAT ADJUST (8) to the PEC SEAT (5) using two 1/2 X 3” BOLTS (87), two 1/2” WASHERS (93) and two 1/2” LOCK NUTS (94). See FIGURE 14.
- **SECURELY** attach one 3/4” SQ. RUBBER BUMPER (97) to the PEC SEAT (5) as shown in FIGURE 14.

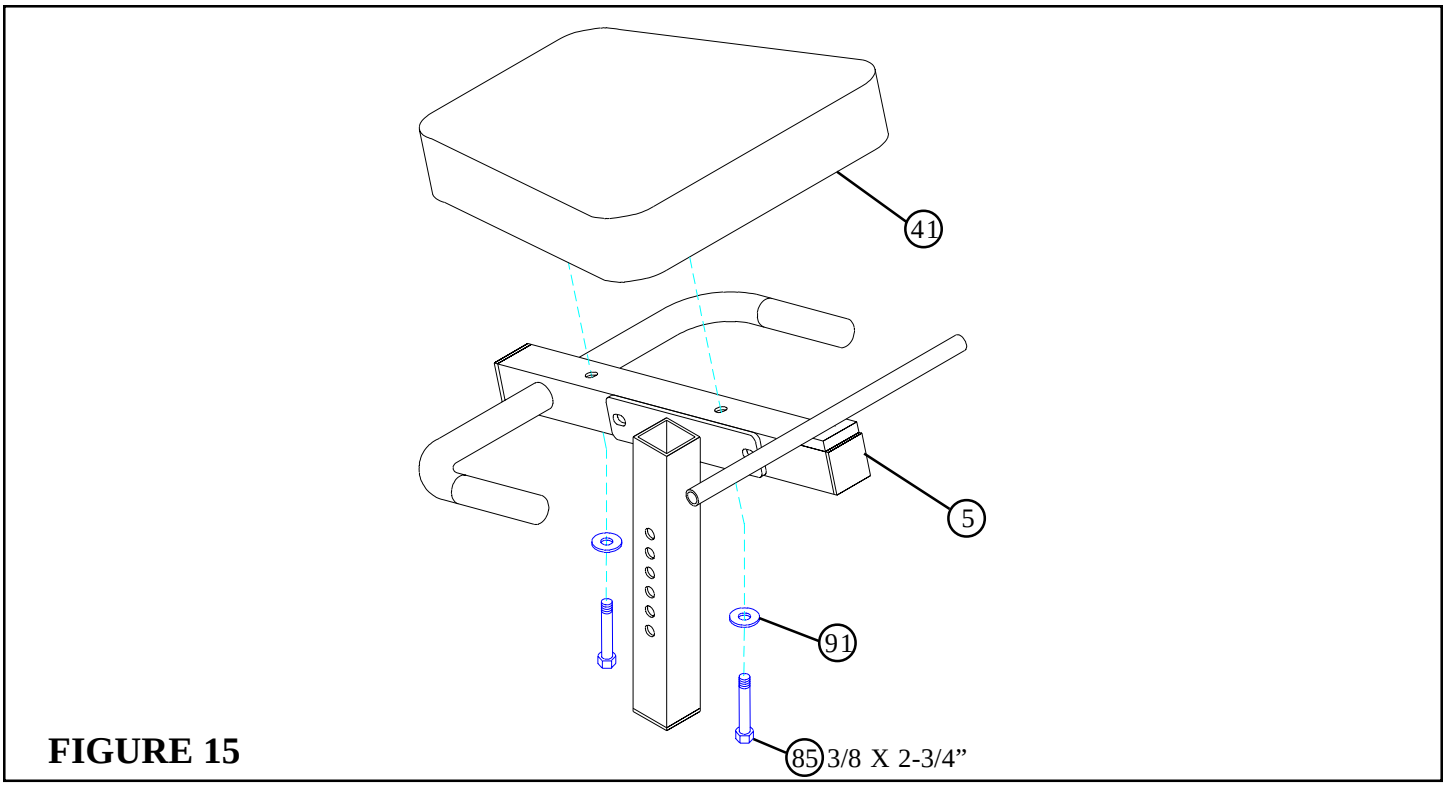


FIGURE 15

STEP 15

- **SECURELY** assemble the PEC SEAT PAD (41) to the PEC SEAT (5) using two 3/8 X 2-3/4” (85) and two 3/8” WASHERS (91). See FIGURE 15.

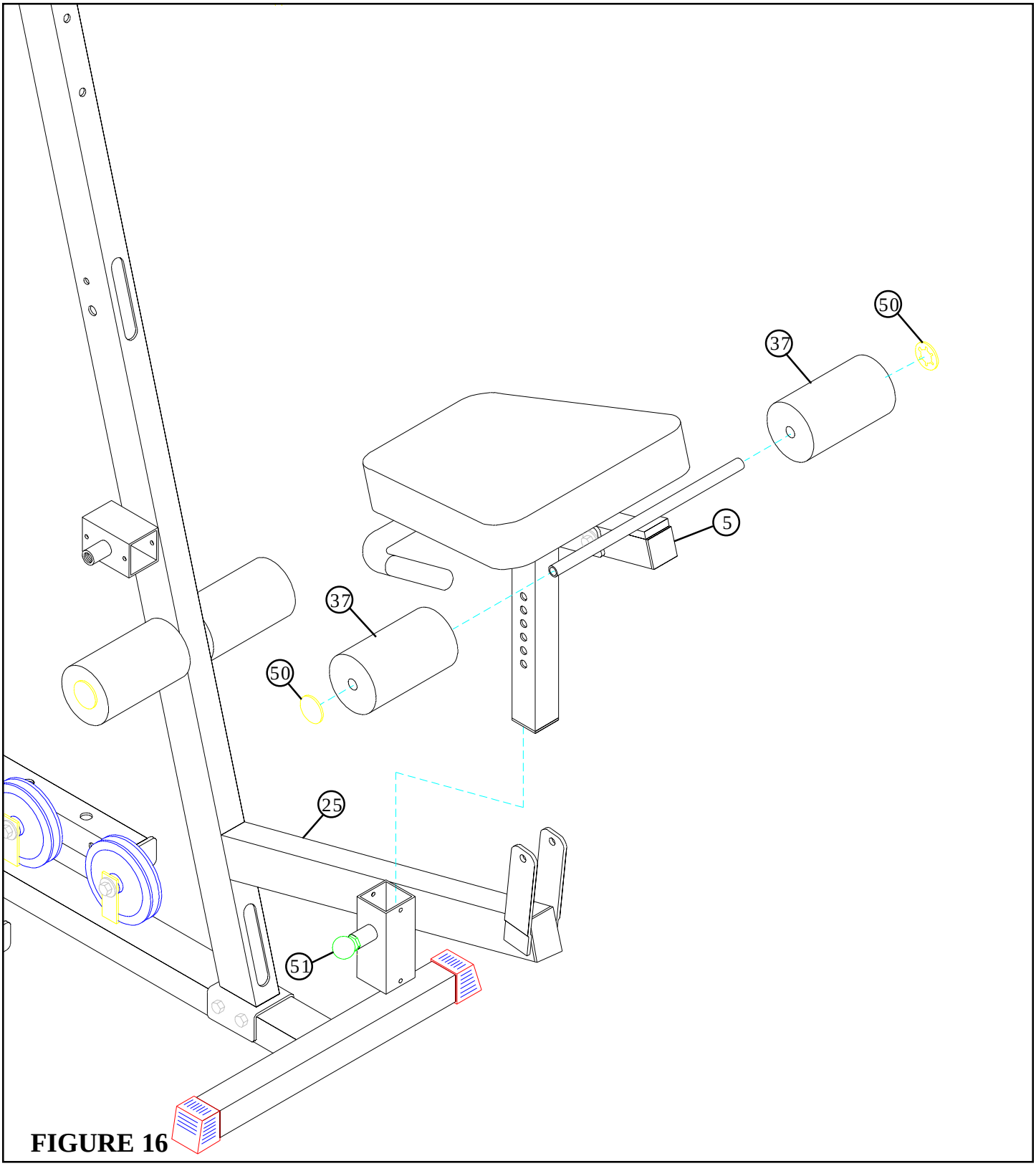


FIGURE 16

STEP 16

- Assemble two ROLLER PADS (37) to the PEC SEAT (5) using two STARLOCK COLLARS (50). See FIGURE 14.
- Pull back the SPRING PIN (51) on the FRONT UPRIGHT (25) and insert the PEC SEAT (5) down to the desired height. Release the SPRING PIN (51) and allow it to engage into the adjustment holes. Use the 3-PRONG KNOB (61) to tighten the PEC SEAT (5) in place. See FIGURE 16.

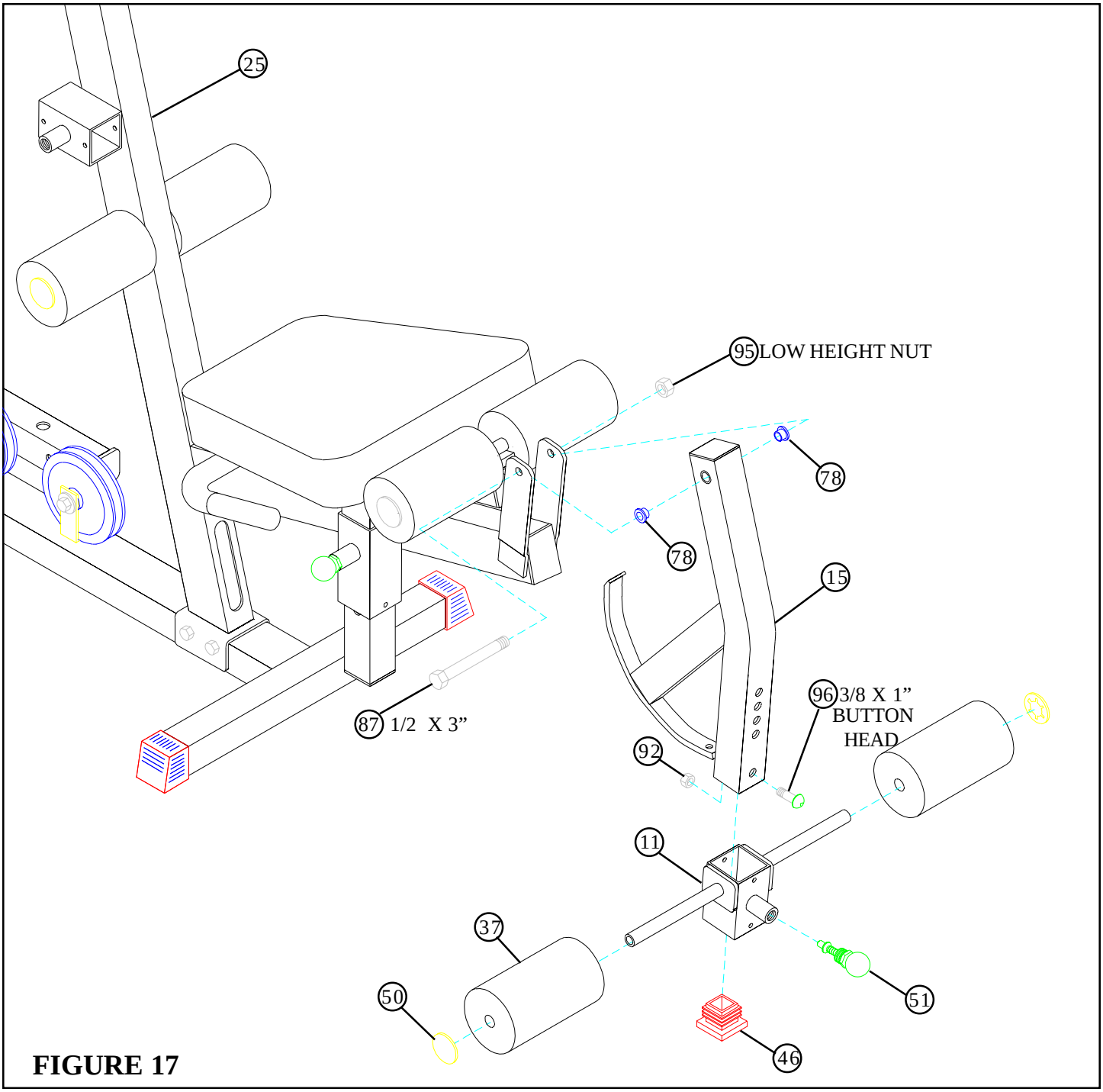


FIGURE 17

STEP 17

- Insert two 1/2” FLANGE BEARINGS (78) into the LEG CURL/EXT (15) as shown on FIGURE 17.
- Assemble the LEG CURL/EXT (15) to the FRONT UPRIGHT (25) using one 1/2 X 3” BOLT (87) and one 1/2” LOW HEIGHT NUT (95). **(NOTE: Tighten the connection enough to remove play, yet allowing the LEG CURL/EXT to rotate freely.)**
- Assemble two ROLLER PADS (37) to the ROLLER PAD ADJUST (11) using two STARLOCK COLLARS (50).
- **SECURELY** assemble one 3/8” SPRING PIN (51) to the ROLLER PAD ADJUST (11) as shown in FIGURE 17.
- Slide ROLLER PAD ADJUST (11) over the LEG CURL/EXT (15) until the spring pin pops into the holes. See FIGURE 17.
- **SECURELY** assemble one 3/8 X 1” BUTTON HEAD CAP SCREW (96) and one 3/8” LOCK NUT (92) to the last hole in the LEG CURL/EXT (15) as shown in FIGURE 17.
- Insert one 2” SQ. END CAP (46) into the end of the LEG CURL/EXT (15) as shown in FIGURE 17.

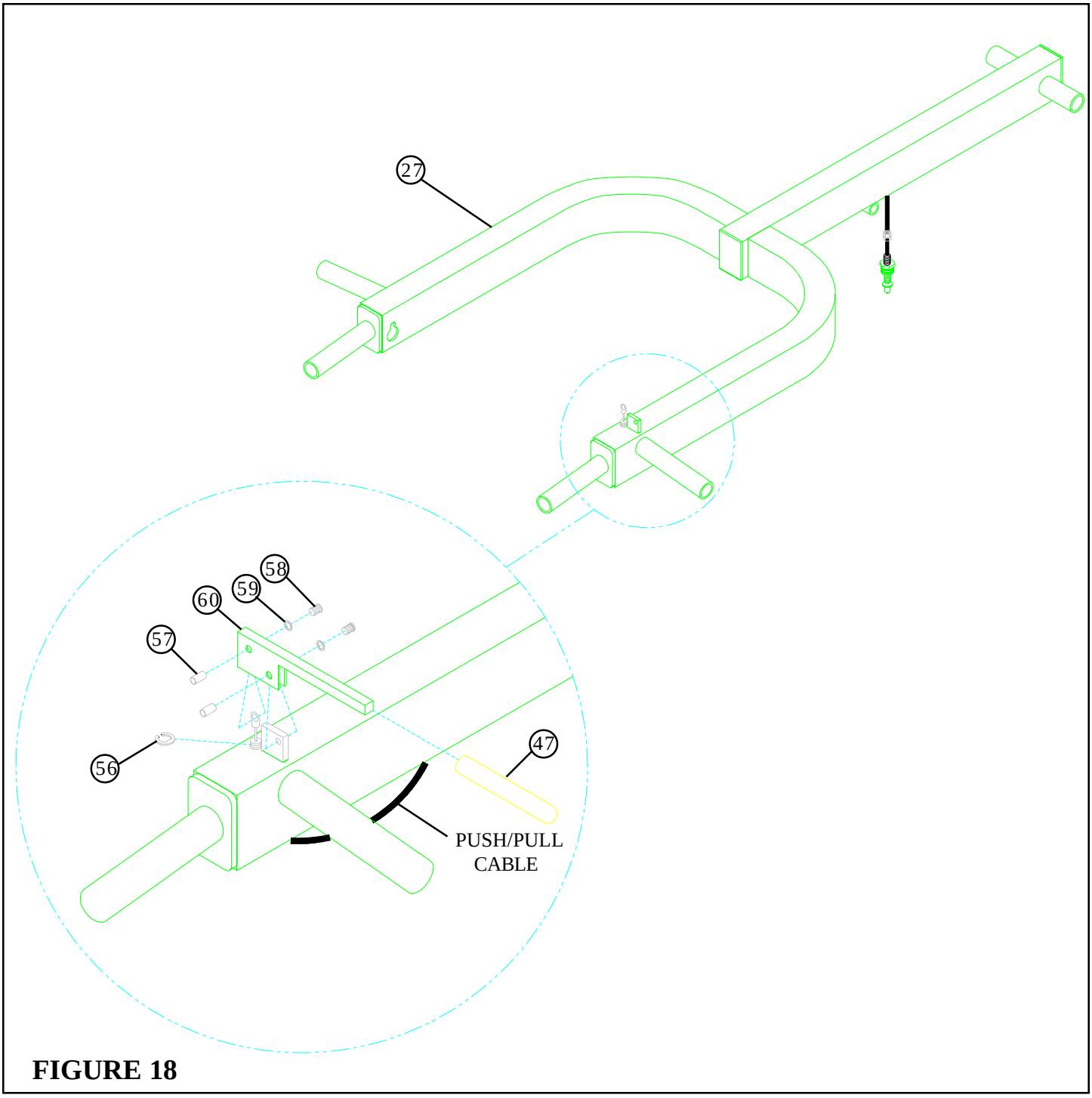


FIGURE 18

STEP 18

- Insert the PUSH/PULL CABLE through the bottom of the PRESS ARM (27) up to the CONTROL LEVER (60) and hold in place with one E-RING (56) as shown in FIGURE 18.
- **SECURELY** assemble the PUSH/PULL CABLE to the CONTROL LEVER (60) using one 3/8" JOINT CONNECTOR CAP (57), one #8 INT. TOOTH LOCK WASHER (59), and one 8-32 X 3/16 IN. SCREW (58) as shown in FIGURE 18.
- Slide one 4" VINYL SLEEVE (47) over the CONTROL LEVER (60). Then **SECURELY** assemble the CONTROL LEVER (60) to the TAB on the PRESS ARM (27) using one 3/8" JOINT CONNECTOR CAP (57), one #8 INT. TOOTH LOCK WASHER (59), and one 8-32 X 3/16 IN. SCREW (58) as shown in FIGURE 18.

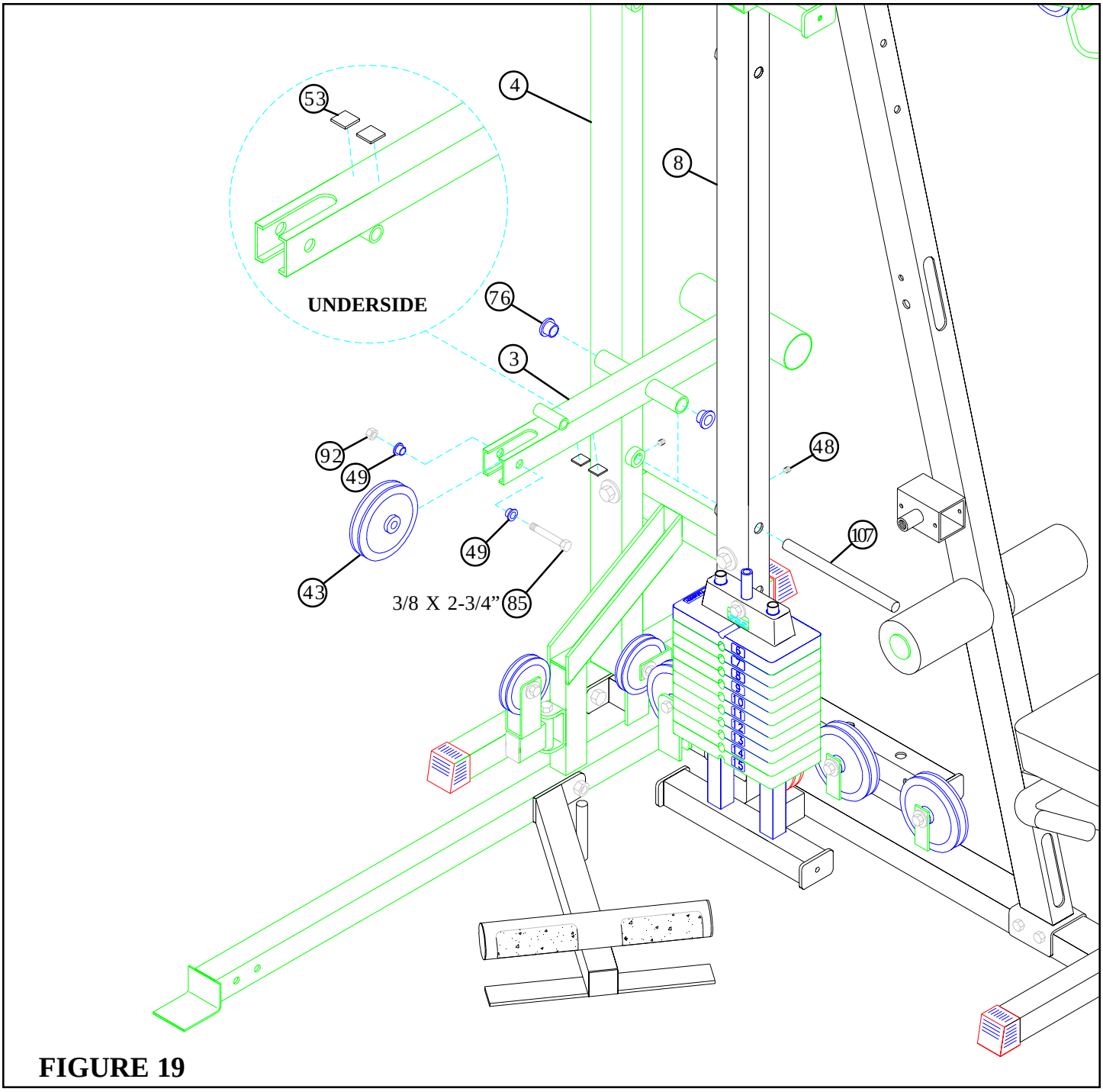
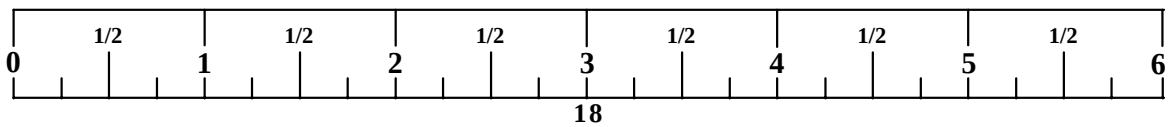


FIGURE 19

STEP 19

- **SECURELY** attach one 4-1/2" PULLEY(43) to the COUNTER LEVER (3) using one 3/8 X 2-3/4" BOLT (85), two 3/8" FLANGE SPACERS (49) and one 3/8" LOCK NUT (92). See FIGURE 19.
- **SECURELY** attach two 1 X 1" GLIDES (53) to the **UNDERSIDE** of the COUNTER LEVER (3) as shown in FIGURE 19.
- Insert two 3/4" FLANGE BEARINGS (76) into the COUNTER LEVER (3) as shown in FIGURE 19.
- Hold the COUNTER LEVER (3) between the REAR (4) and MIDDLE UPRIGHTS (8) and slide the 3/4 DIA X 11" SHAFT (107) throught the MIDDLE UPRIGHT (8), COUNTER LEVER (3), and through the collar on the REAR UPRIGHT (4). To **SECURE** the SHAFT (107) in place, insert two 5/16" SET SCREWS (48) into the collars on the UPRIGHTS and tighten. See FIGURE 19.



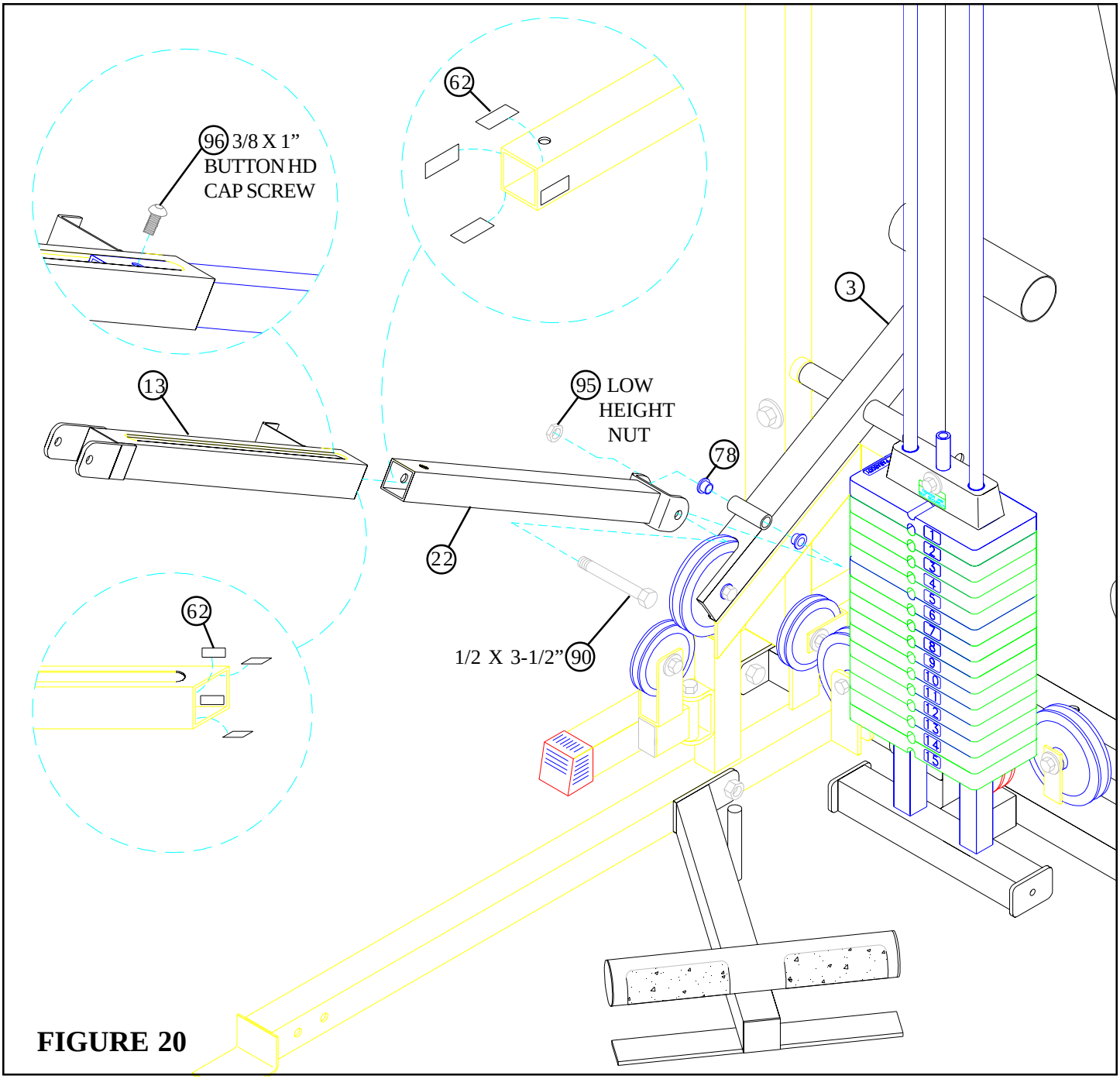


FIGURE 20

STEP 20

- Attach eight PARAGLIDE STRIPS (62) **INSIDE** the end of the RECEIVING TUBE (13) and four PARAGLIDE STRIPS (62) to the **OUTSIDE** of the PRESS ADJUSTMENT TUBE (22) using the following steps:
  - Thoroughly clean all sufaces where PARAGLIDE STRIPS (62) are to be attached.
  - Remove the PARAGLIDE STRIPS (62) from the paper backing and firmly apply them to surfaces. **(NOTE: Orientate the strips so they will slide by each other.)**
- CAREFULLY slide the PRESS ADJUSTMENT TUBE (22) into the RECEIVING TUBE (13). **(NOTE: Make sure the spring pin barrel on the RECEIVING TUBE (13) is on the same side as the holes in the PRESS ADJUSTMENT TUBE (22).)**
- Thread one 3/8 X 1" BUTTON HEAD CAP SCREW (96) through the slot in the RECEIVING TUBE (13) and into the ADJUSTMENT TUBE (22)
- Insert two 1/2" FLANGE BEARINGS (78) into the COUNTER LEVER (3) as shown in FIGURE 20.
- Assemble the PRESS ADJUSTMENT TUBE (22) to the COUNTER LEVER (3) using one 1/2 X 3-1/2" BOLT (90) and one 1/2" LOW HEIGHT LOCK NUT (95). **(NOTE: Tighten the connection enough to remove play, yet allowing the PRESS ADJUSTMENT TUBE (22) to rotate freely.)**

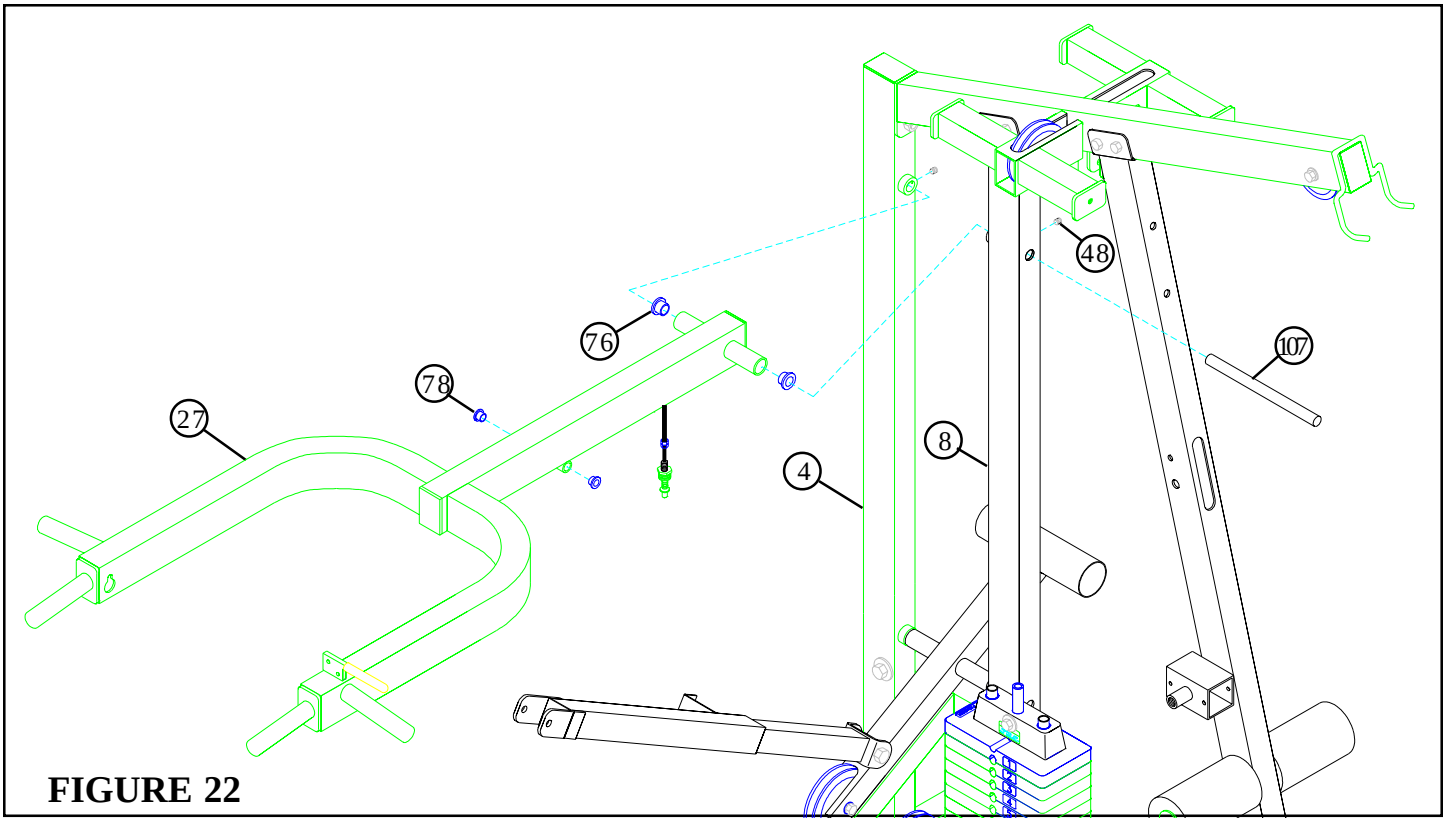


FIGURE 22

STEP 22

- Insert two 3/4" FLANGE BEARINGS (76) into the PRESS ARM (27) as shown in FIGURE 22.
- Hold the PRESS ARM (27) between the REAR (4) and MIDDLE UPRIGHTS (8) and slide the 3/4 DIA X 11" SHAFT (107) throught the MIDDLE UPRIGHT (8), PRESS ARM (27), and through the collar on the REAR UPRIGHT (4). To **SECURE** the SHAFT (107) in place, insert two 5/16" SET SCREWS (48) into the collars on the UPRIGHTS and tighten. See FIGURE 22.
- Insert two 1/2" FLANGE BEARINGS (78) into the PRESS ARM (27) as shown in FIGURE 22.

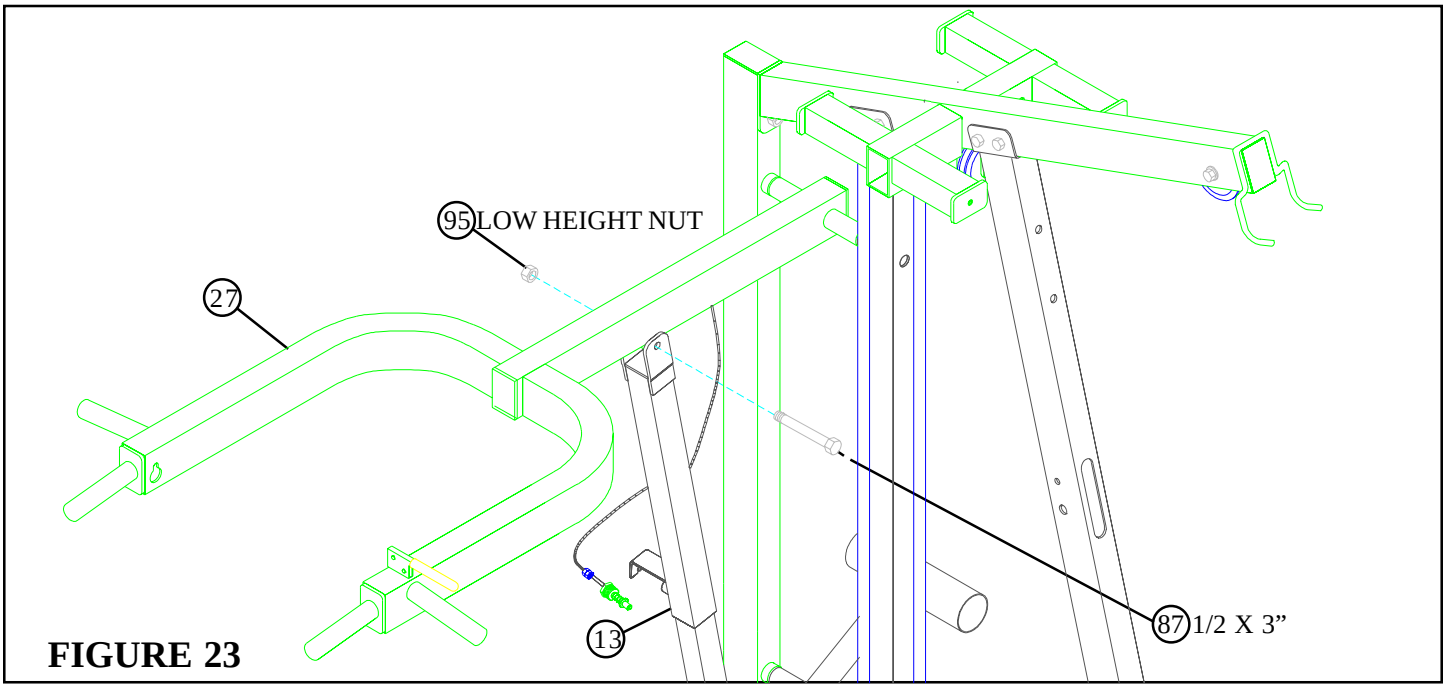


FIGURE 23

STEP 23

- Assemble the RECEIVING TUBE (13) to the PRESS ARM (27) using one 1/2 X 3" BOLT (87) and one 1/2" LOW HEIGHT LOCK NUT (95). **(NOTE: Tighten the connection enough to remove play, yet allowing the PRESS ARM (2) to rotate freely.)** See FIGURE 23.

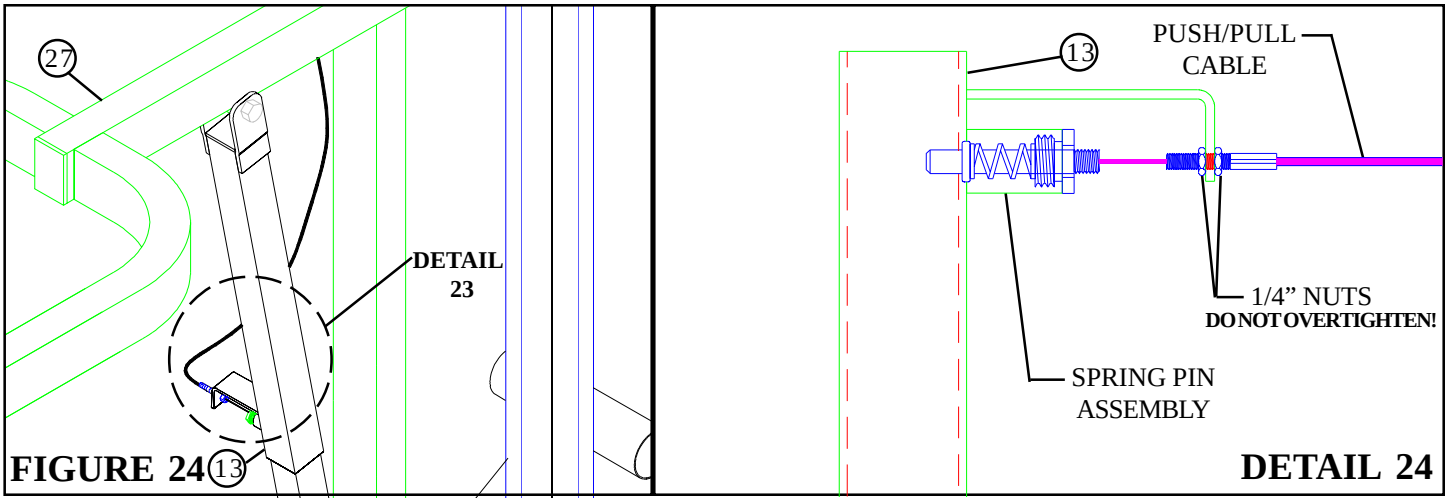


FIGURE 24 **DETAIL 24**

STEP 23

- **SECURELY** assemble the SPRING PIN ASSEMBLY of the PUSH/PULL CABLE to the SPRING PIN BARREL on the RECEIVING TUBE (13). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
- Swing the PRESS ARM (27) up until the SPRING PIN of the PUSH/PULL CABLE engages in one of the adjustment holes.
- Thread the second 1/4-28 IN. NUT onto the threaded end of the CABLE, and cinch the two 1/4-28 IN. NUTS around the flat. **(IMPORTANT! DO NOT OVERTIGHTEN NUTS!)**
- Use the extra thread on the end of the CABLE to adjust out slack. **(!!! DO NOT ADJUST OUT TO FAR !!! ALWAYS ALLOW SPRING PIN ASSEMBLY TO FULLY ENGAGE**)

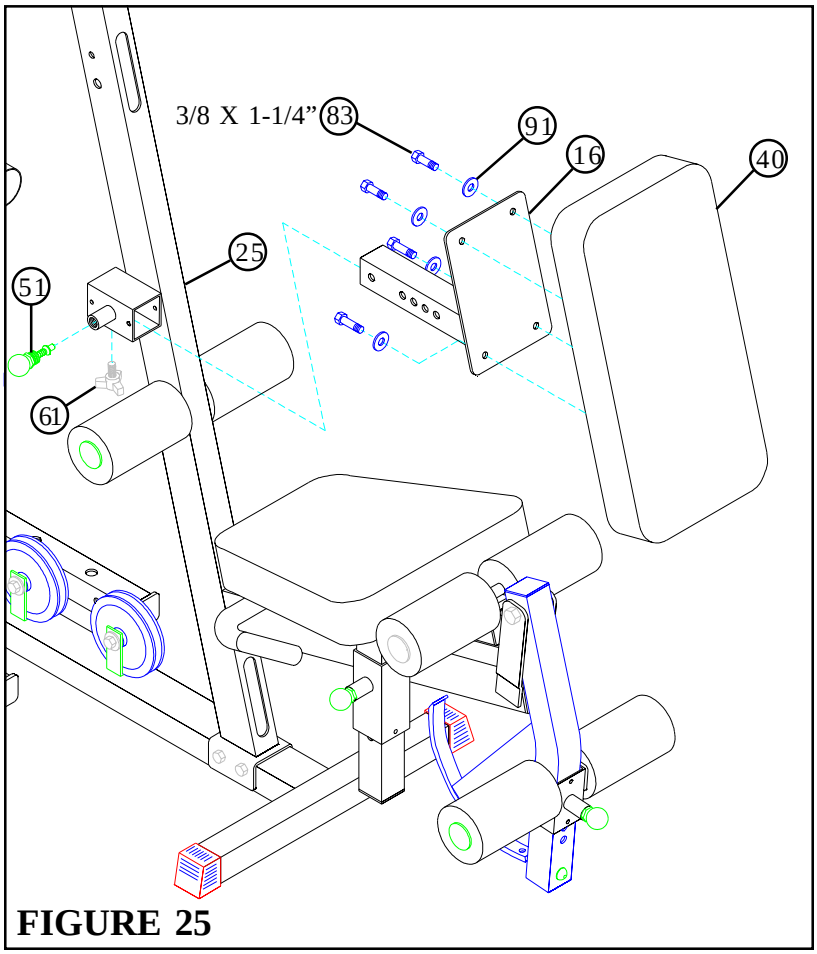
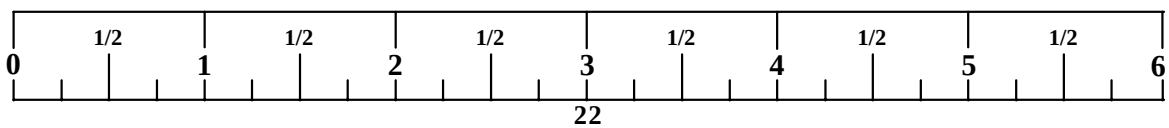


FIGURE 25

STEP 25

- **SECURELY** assemble the SEAT PAD (40) to the BACK PAD ADJUST (16) using four 3/8 X 1-1/4" BOLTS (83) and four 3/8" WASHERS (91). See FIGURE 25.
- **SECURELY** assemble one 3/8" SPRING PIN ASSEMBLY (51) to the FRONT UPRIGHT (25) as shown in FIGURE 25.
- Attach one 3-PRONG KNOB (61) the FRONT UPRIGHT (25) as shown in FIGURE 25.
- Insert the SEAT PAD (40) & BACK PAD ADJUST (16) into the FRONT UPRIGHT (25) while pulling back on the SPRING PIN ASSEMBLY (51) until it engages in one of the adjustment holes. See FIGURE 25.



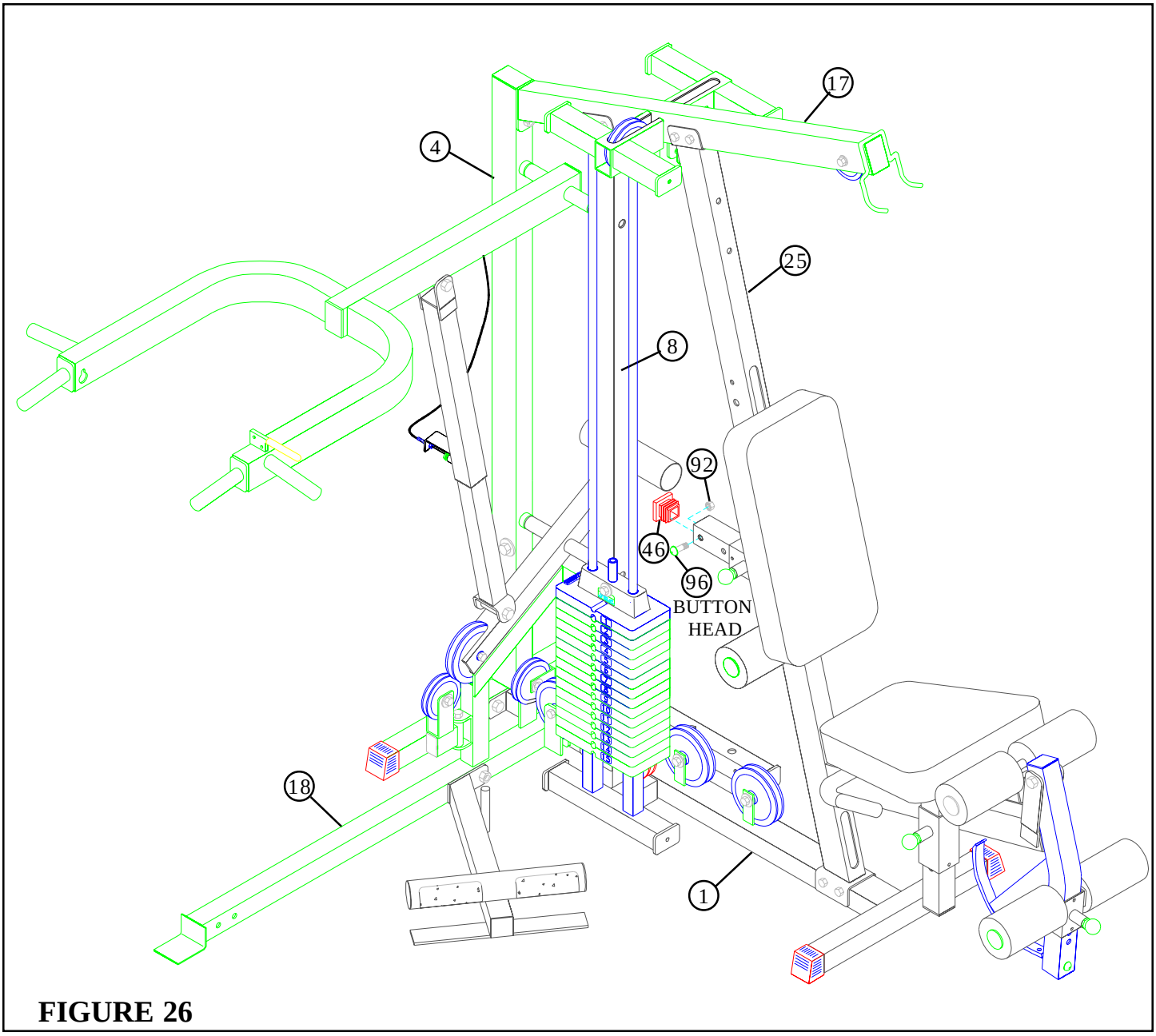


FIGURE 26

STEP 26

- **SECURELY** assemble one 3/8" X 1" BUTTON HEAD CAP SCREW (96) and one 3/8" LOCK NUT (92) to the last hole on the BACK PAD ADJUST (16). See FIGURE 26.
- **SECURELY** insert one 2" SQ. END CAP (46) to the open end of the BACK PAD ADJUST (16). See FIGURE 26.
- SECURELY tighten all loose frame connections made to this point. **(!!! IMPORTANT !!! to assure proper function of the 425, the loose frame connections must be tightened in the following order)** Tighten the:
  - MIDDLE UPRIGHT (8) to the BASE (1) and to the TOP BOOM (17).
  - REAR UPRIGHT (4) to the BASE (1) and to the TOP BOOM (17).
  - PRESS BASE (18) to the REAR (4) and MIDDLE UPRIGHTS (8).
  - PRESS BASE (18) to the BASE (1).
  - FRONT UPRIGHT (25) to the BASE (1).

NOTE: DO NOT TIGHTEN THE FRONT UPRIGHT TO THE TOP BOOM AT THIS TIME.

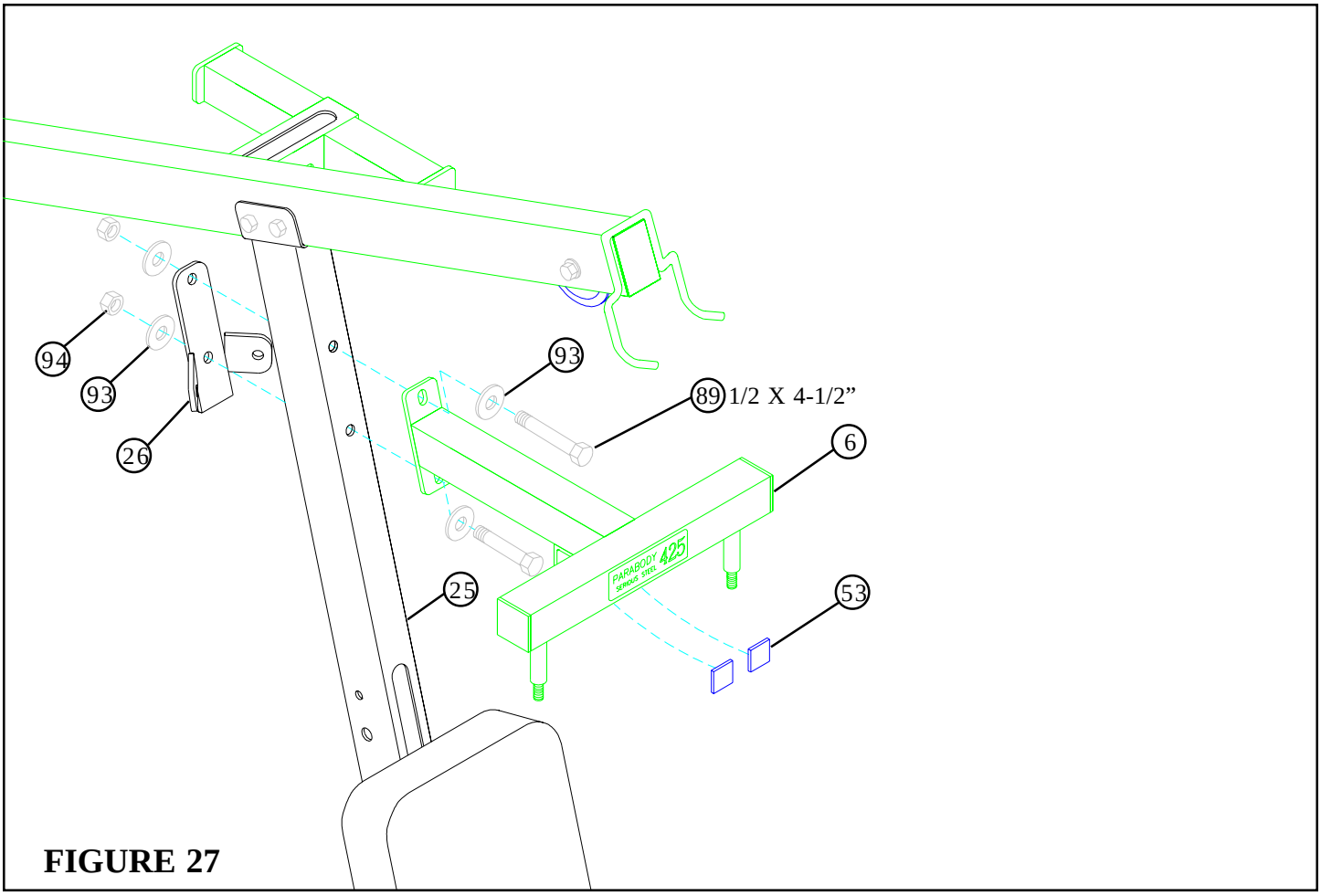


FIGURE 27

STEP 27

- **SECURELY** assemble the BEARING HOUSING (6) and the CENTER PULLEY BRACKET (26) to the FRONT UPRIGHT (25) using two 1/2 X 4-1/2” BOLTS (89) , four 1/2” WASHERS (93), and two 1/2" LOCK NUTS (94). See FIGURE 27.
- Attach two 1 X 1" GUIDES (53) to the ANGLE on the **UNDERSIDE** of the BEARING HOUSING (6). See FIGURE 27.

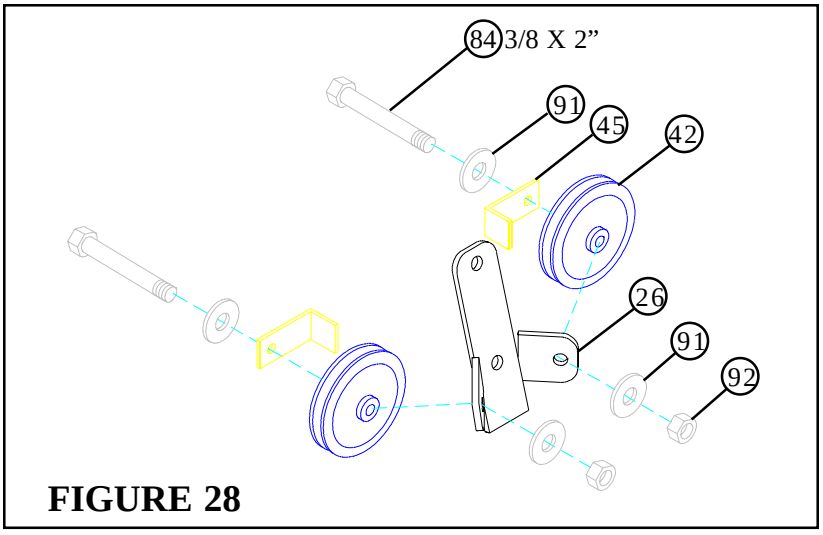
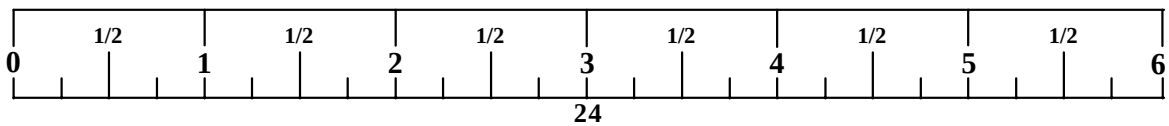


FIGURE 28

STEP 28

- **LOOSELY** assemble two 3-1/2” PULLEYS (42) to the CENTER PULLEY BRACKET (26) using two 3/8 X 2” BOLTS (84), two 2-3/8” L-BRACKETS (45), four 3/8” WASHERS (91), and two 3/8” LOCK NUTS (92). See FIGURE 28.

(NOTE: This connection wil be tightened after the cable has been routed.)



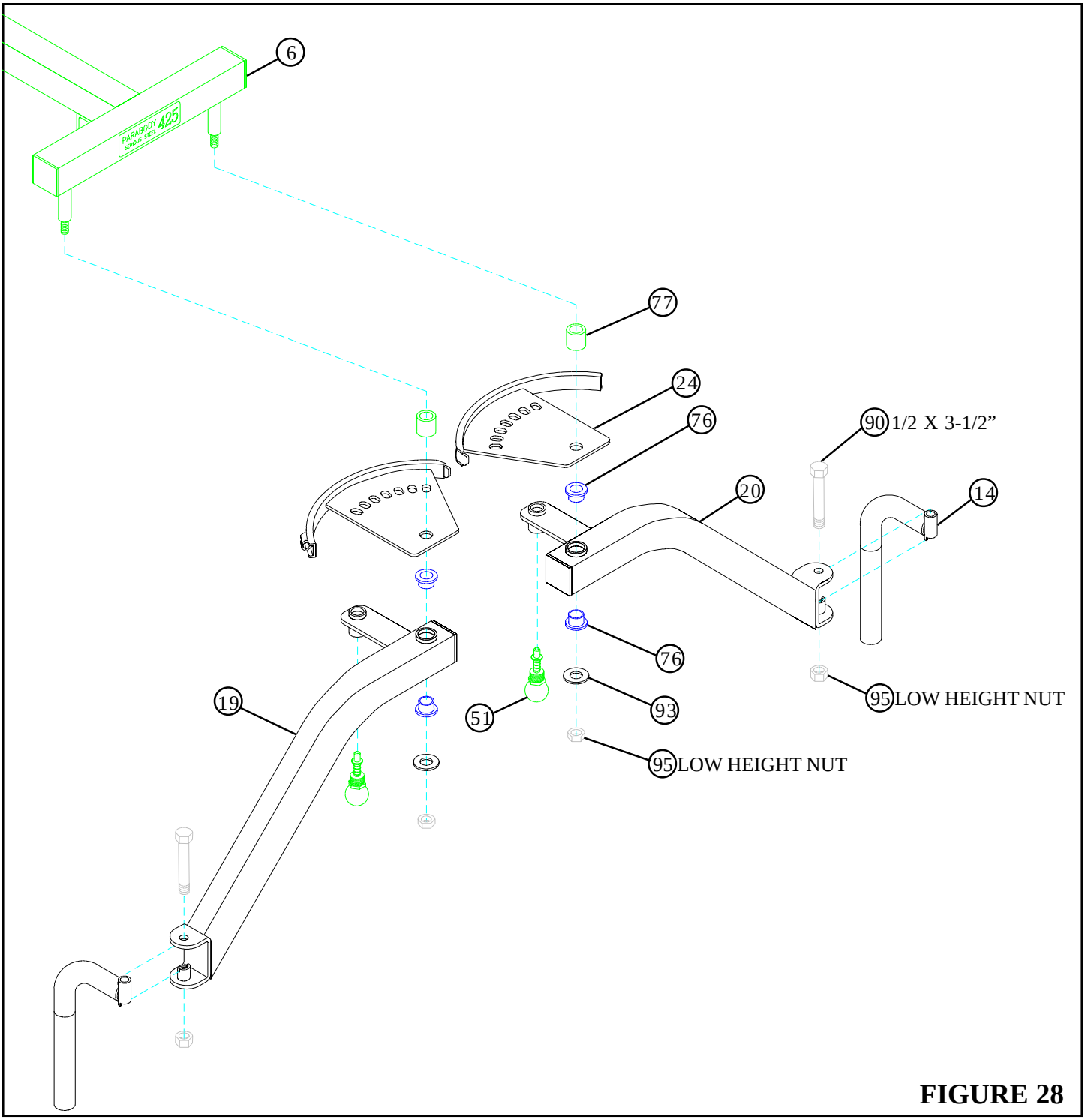


FIGURE 28

STEP 28

- Assemble one 3/4” SLEEVE BEARING (77), one PEC CAM (24), two 3/4” FLANGE BEARINGS (76), one 1/2” WASHER (93), and one 1/2” LOW HEIGHT LOCK NUT (95), and a LEFT (19) or RIGHT PEC ARM (20) to each threaded shaft on the BEARING HOUSING (6). See FIGURE 28.

- Securely assemble two 3/8” SPRING PIN ASSEMBLIES (51) to the spring pin barrels of the PEC ARMS (19 & 20). See FIGURE 28.

- **SECURELY** assemble one TOMALOCK HANDLE (14) to each PEC ARM (19 & 20) using one 1/2 X 3-1/2” BOLT (90) and one 1/2” LOW HEIGHT LOCK NUT (95) for each PEC ARM. See FIGURE 28.

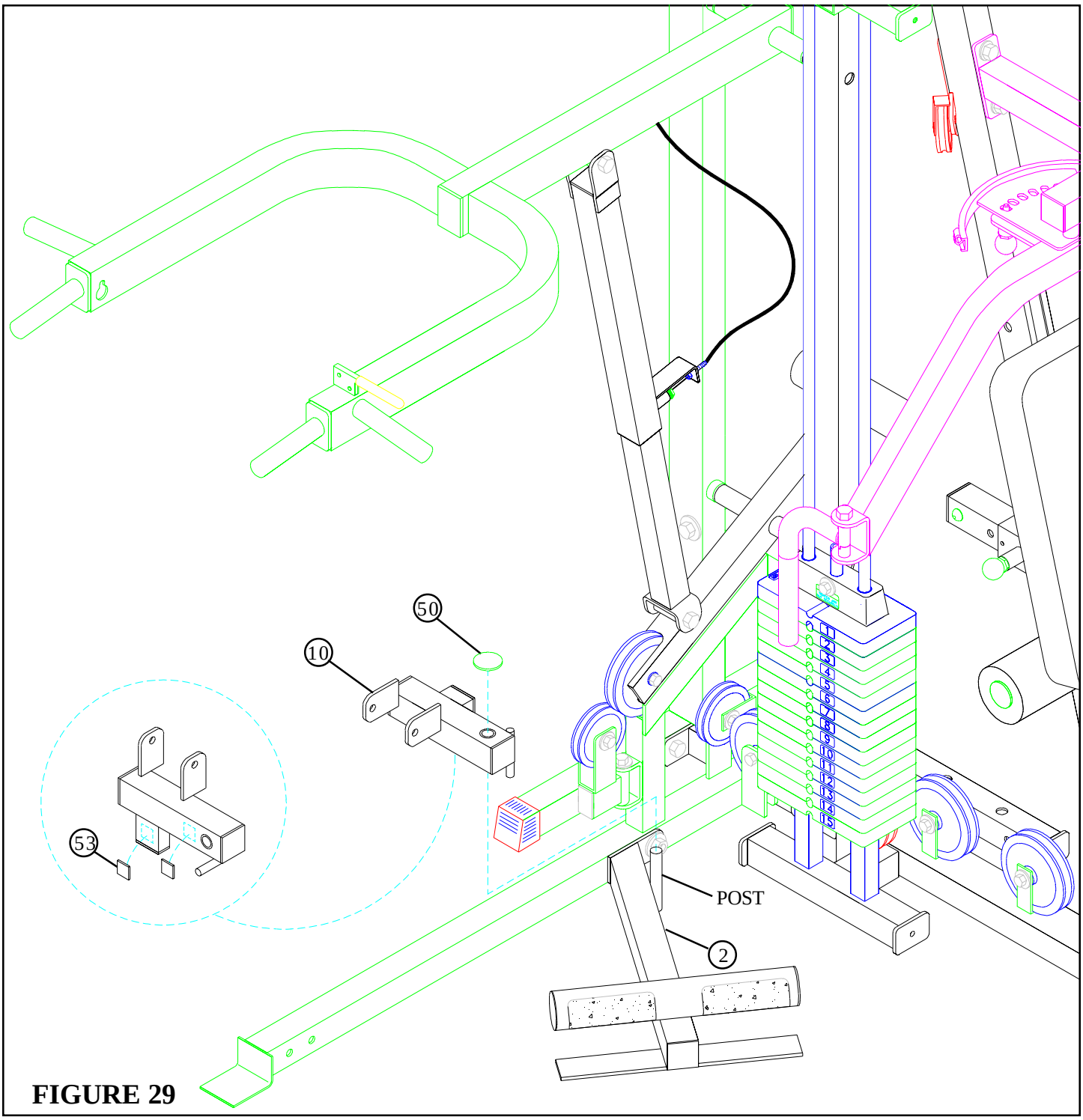


FIGURE 29

STEP 29

- Attach two 1 X 1" GUIDES (53) to the PRESS SWIVEL (10) approximately where shown in FIGURE 29.
- **SECURE** PRESS SWIVEL (10) to the post on the CALF/LOW ROW (2) using one STARLOCK COLLAR (50). See FIGURE 29.

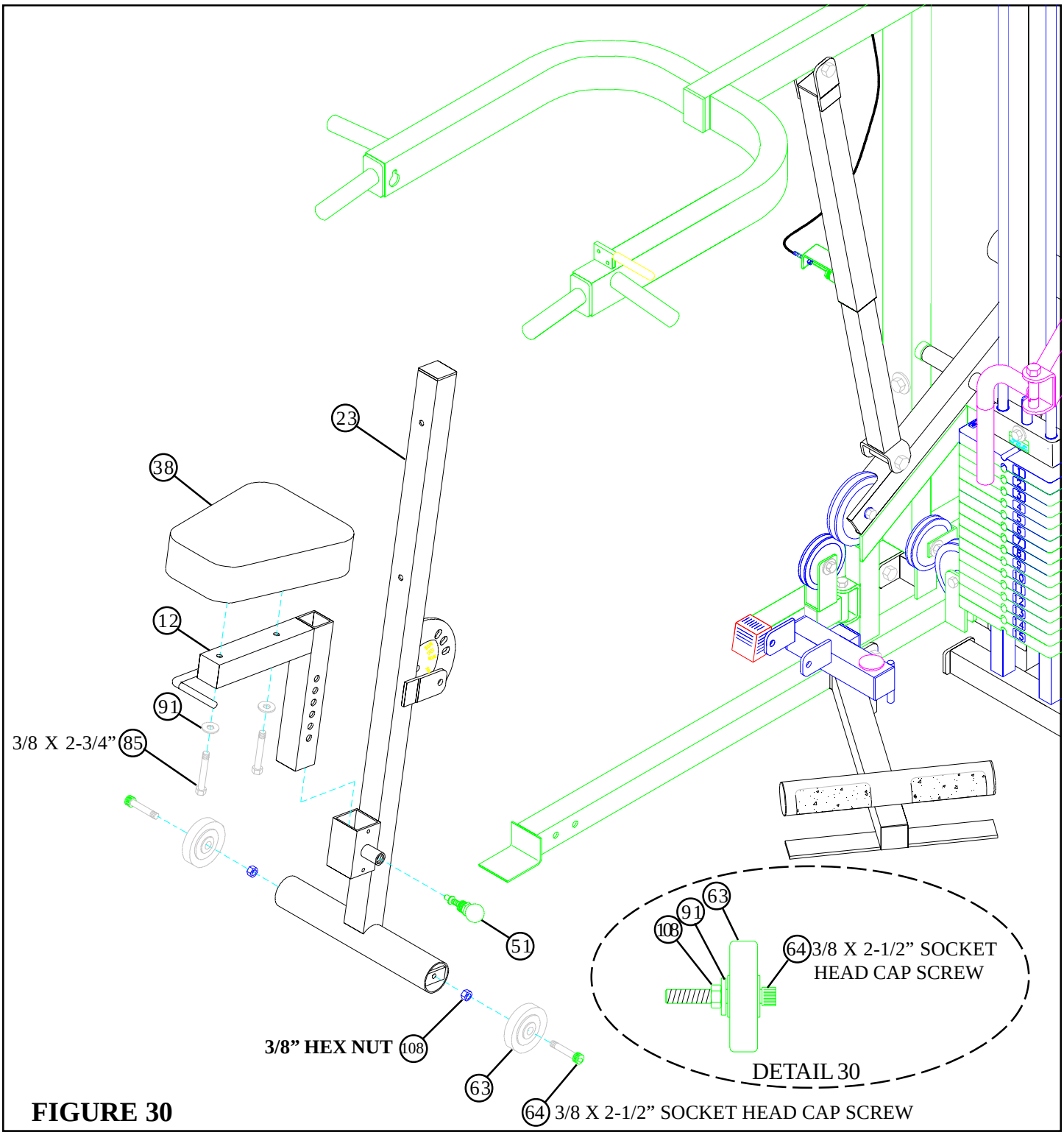


FIGURE 30

STEP 30

- **SECURELY** assemble one 3/8" SPRING PIN (51) to the spring pin housing of the PRESS BACK SUPPORT (23). **(NOTE: Tighten the nut of the SPRING PIN ASSEMBLY SECURELY.)**
- **SECURELY** assemble two 3" WHEELS (63) using two BLACK 3/8 X 2-1/2" SOCKET HEAD CAP SCREWS (64) and two 3/8" **HEX** NUTS (108) as shown in DETAIL 30.
- **SECURELY** assemble two wheel assemblies to the PRESS BACK SUPPORT (23) as shown in FIGURE 30.
- **SECURELY** assemble the SEAT PAD (38) to the PRESS SEAT ADJUST (12) using two 3/8 X 2-3/4" BOLTS (85) and two 3/8" WASHERS (91). See FIGURE 30.
- Pull back the 3/8" SPRING PIN (51) on the PRESS BACK SUPPORT (23) and slide the PRESS SEAT ADJUST (12) into the receiving well. Engage the 3/8" SPRING PIN (51) into one of the adjustment holes.

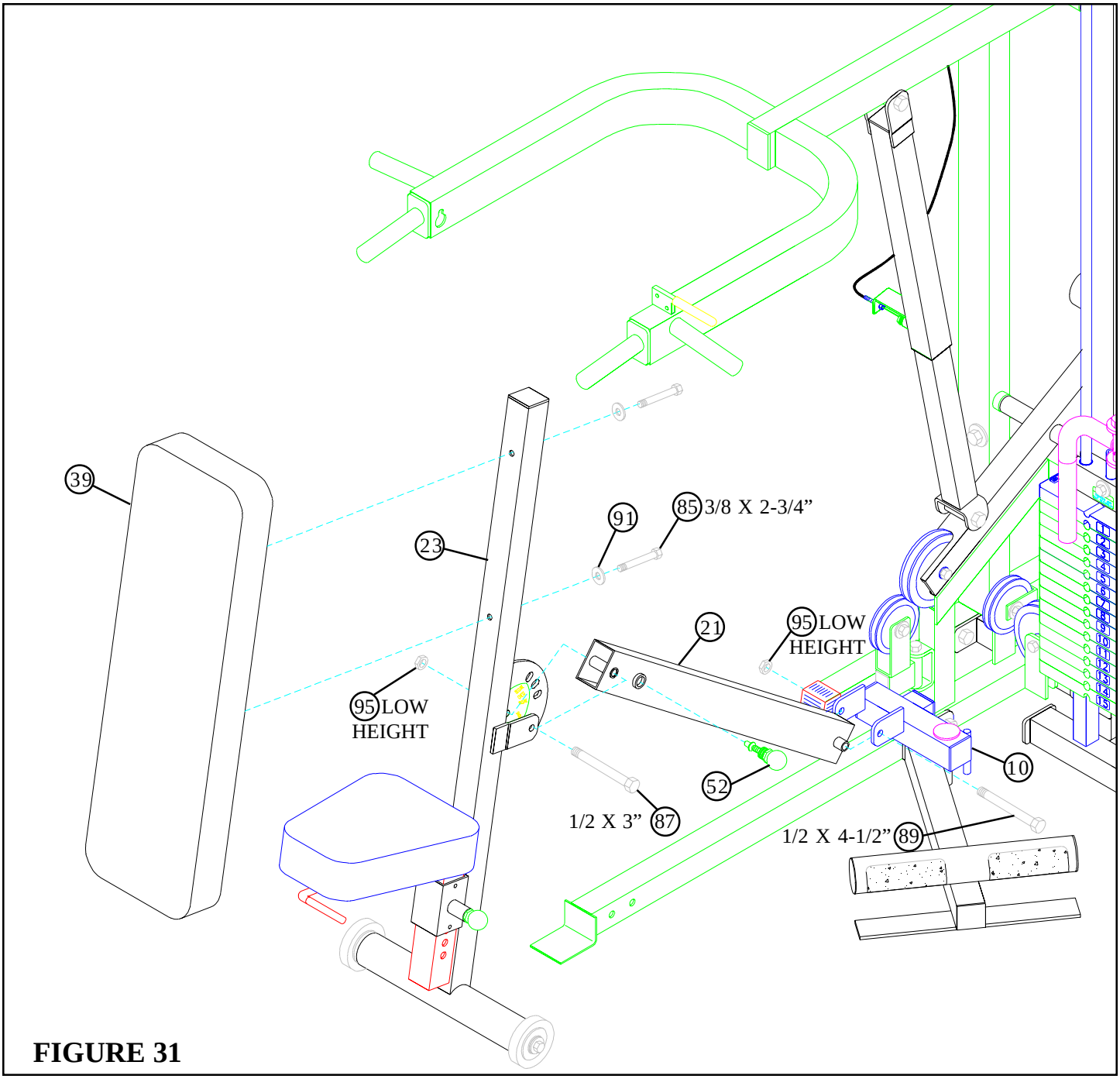
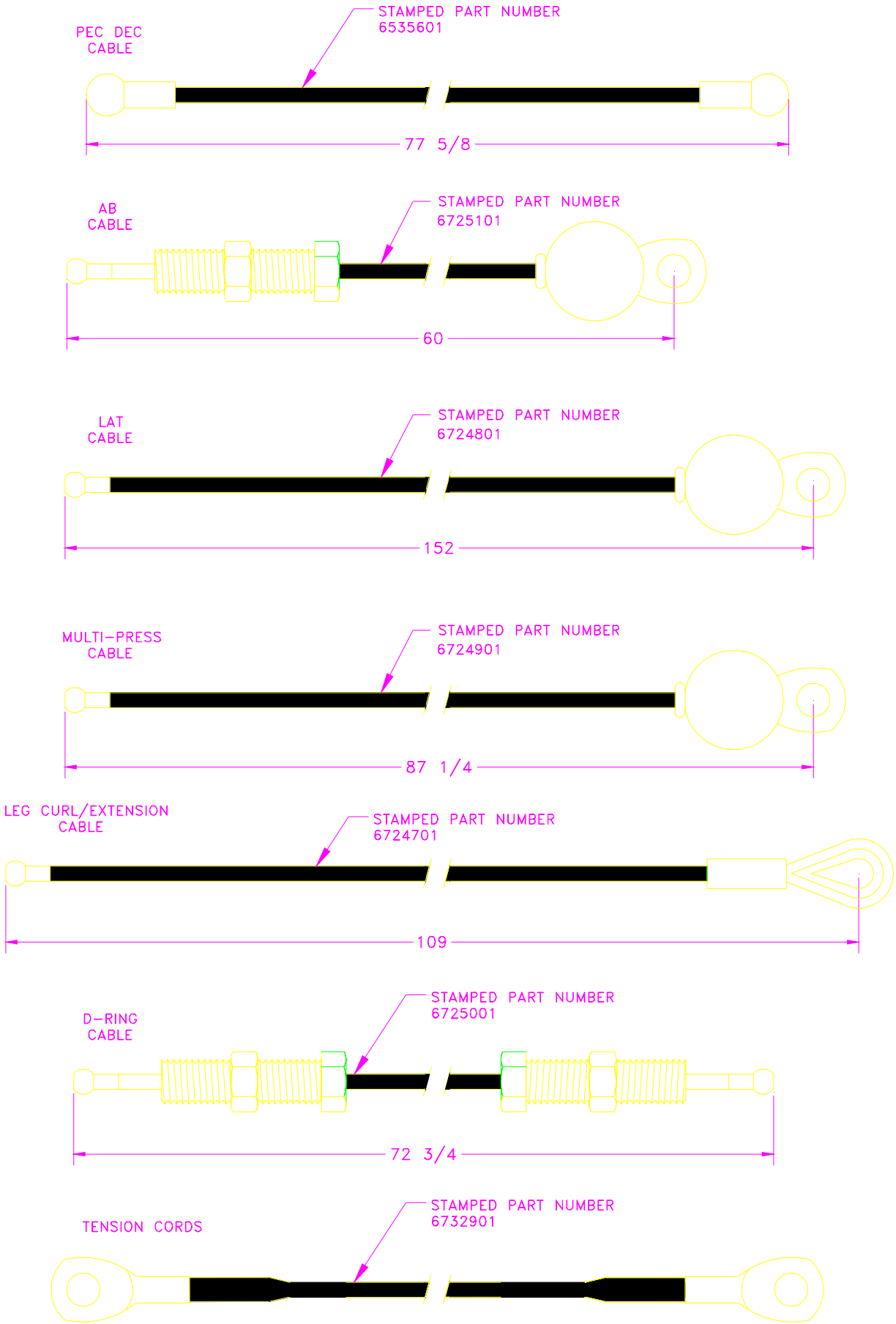


FIGURE 31

STEP 31

- **SECURELY** assemble the PRESS SUPPORT TUBE (21) to the PRESS SWIVEL (10) using one 1/2” X 4-1/2” BOLT (89) and one 1/2” LOW HEIGHT LOCK NUT (95). **(NOTE: Tighten the connection enough to remove play, yet allowing the PRESS SUPPORT TUBE to rotate freely).**
- **SECURELY** assemble the PRESS BACK SUPPORT (23) to the PRESS SUPPORT TUBE (21) using one 1/2” X 3” BOLT (87) and one 1/2” LOW HEIGHT LOCK NUT (95). **(NOTE: Tighten the connection enough to remove play, yet allowing the PRESS BACK SUPPORT to rotate freely).**
- **SECURELY** assemble one 1/2” SPRING PIN ASSEMBLY (52) to the spring pin housing on the PRESS SUPPORT TUBE (21). **(NOTE: Tighten the nut of the SPRING PIN ASSEMBLY SECURELY.)**
- **SECURELY** assemble the BACK PAD (39) to the PRESS BACK SUPPORT (23) using two 3/8 X 2-3/4” BOLTS (85) and two 3/8” WASHERS (91). See FIGURE 31.

CABLE GUIDE


PEC DEC
CABLE
STAMPED PART NUMBER
6535601
77 5/8
AB
CABLE
STAMPED PART NUMBER
6725101
60
LAT
CABLE
STAMPED PART NUMBER
6724801
152
MULTI-PRESS
CABLE
STAMPED PART NUMBER
6724901
87 1/4
LEG CURL/EXTENSION
CABLE
STAMPED PART NUMBER
6724701
109
D-RING
CABLE
STAMPED PART NUMBER
6725001
72 3/4
TENSION CORDS
STAMPED PART NUMBER
6732901

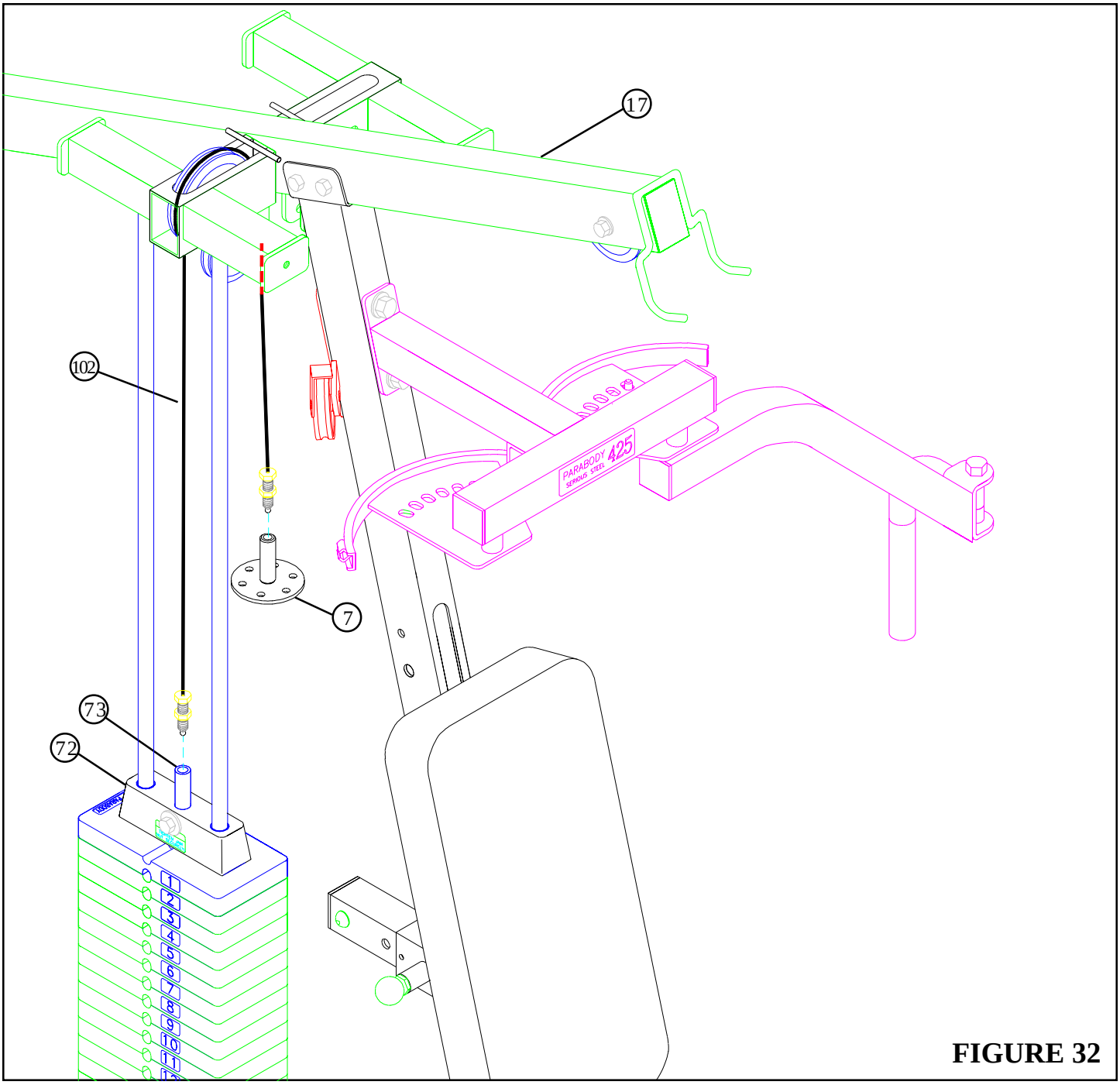
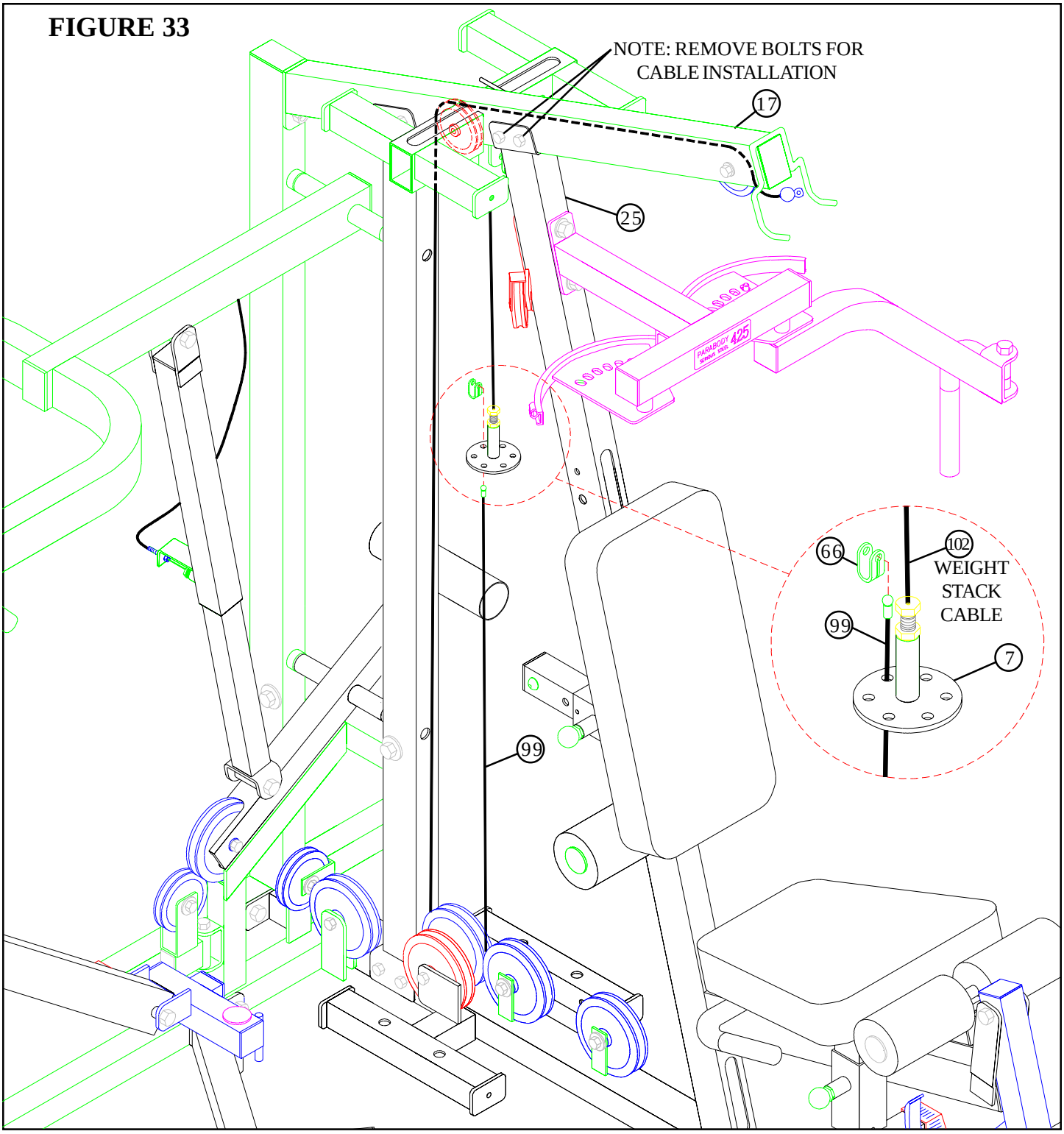


FIGURE 32

STEP 32

- **To assemble the D-RING CABLE (102) follow the cable routing as shown and use the following steps:**
  - Screw one of the threaded ends of the D-RING CABLE (102) approximately 1” into the end of the SELECTOR SHAFT (73) of the HEAD PLATE (72) as shown in FIGURE 32.
  - Route the CABLE (102) up and over the two PULLEYS in the TOP BOOM (17) above the WEIGHT STACK. **(Remove pulleys for ease of installation.)**
  - Screw the other threaded end of the D-RING CABLE (102) approximately 1” into the end of the shaft on the D-RING (7) as shown in FIGURE 32.
  - **SECURELY** tighten two pulley connections from the previous step.



STEP 33

- **To assemble the LAT CABLE (99) follow the cable routing as shown and use the following steps:**
  - Remove the two bolts in the FRONT UPRIGHT (25) and TOP BOOM (17) connection.
  - Route the LAT CABLE (99) as shown in FIGURE 33. **(Remove pulleys for ease of installation.)**
  - Run the LAT CABLE (99) through one of the holes in the D-RING (7) and attach one KEYHOLE CLEVIS (66) to the end of the LAT CABLE (99). See FIGURE 33.
  - Replace and **SECURELY** tighen the FRONT UPRIGHT (25) and TOP BOOM (17) connection and any pulleys from the previous step. **(NOTE: Make sure the LAT CABLE runs over the top of the bolts in the top boom.)**

STEP 34

- Assemble two 4-1/2” PULLEYS (43) to two 2 X 7-1/4” PLATES (33) using two 3/8 X 2-1/4” BOLTS (86) four 3/8” WASHERS (91), and two 3/8” LOCK NUTS (92) as shown in FIGURE 34.

FIGURE 34

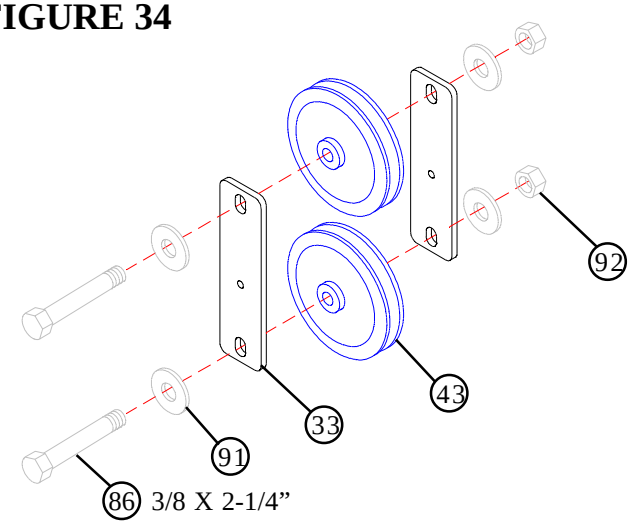
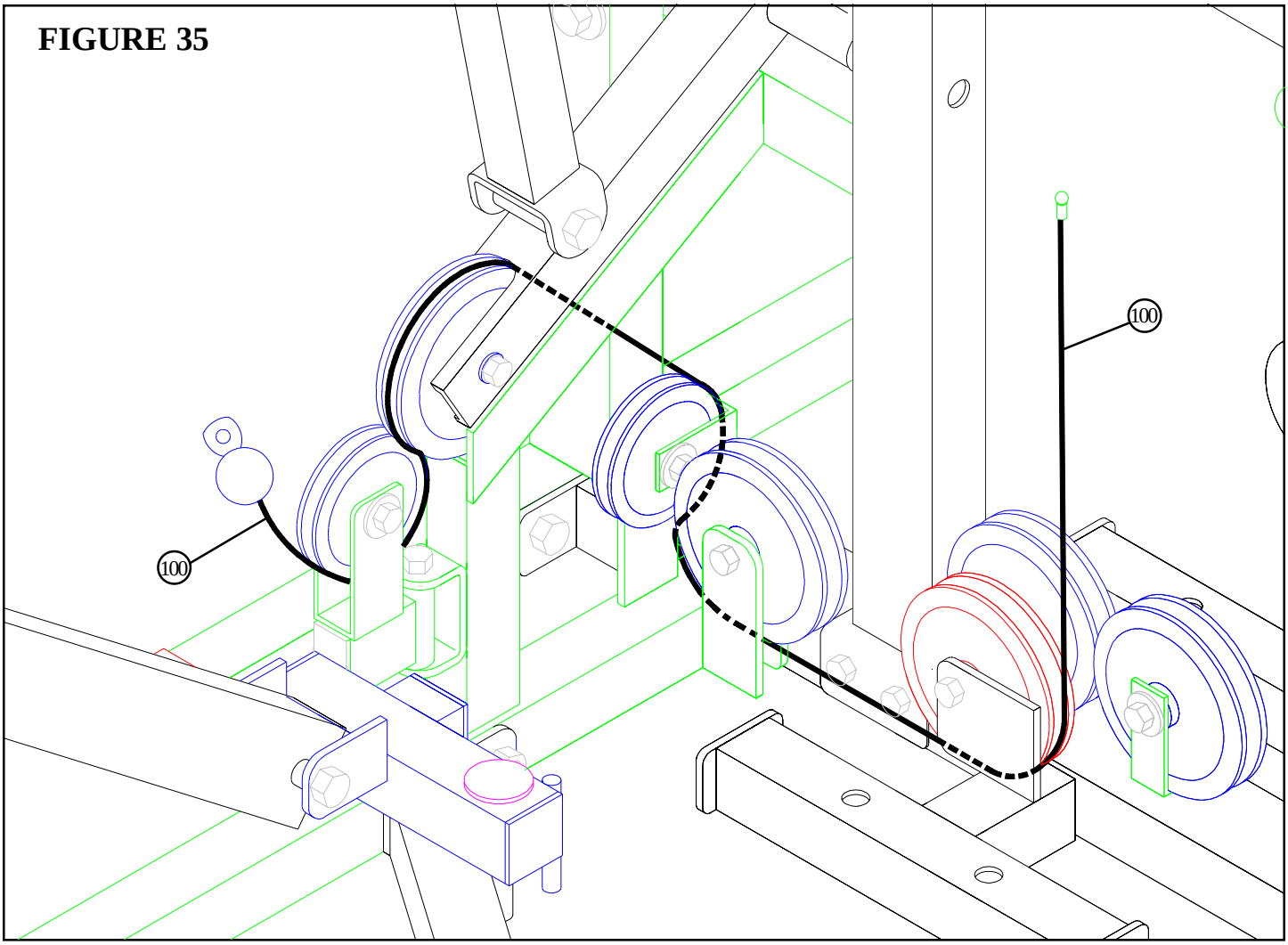


FIGURE 35



STEP 35

- **To assemble the PRESS CABLE (100) follow the cable routing as shown and use the following steps:**
  - Route the PRESS CABLE (100) around pulleys and L-brackets as shown in FIGURE 35.

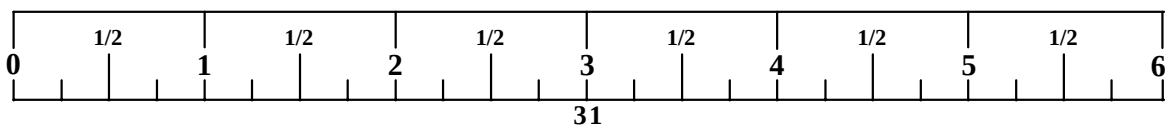
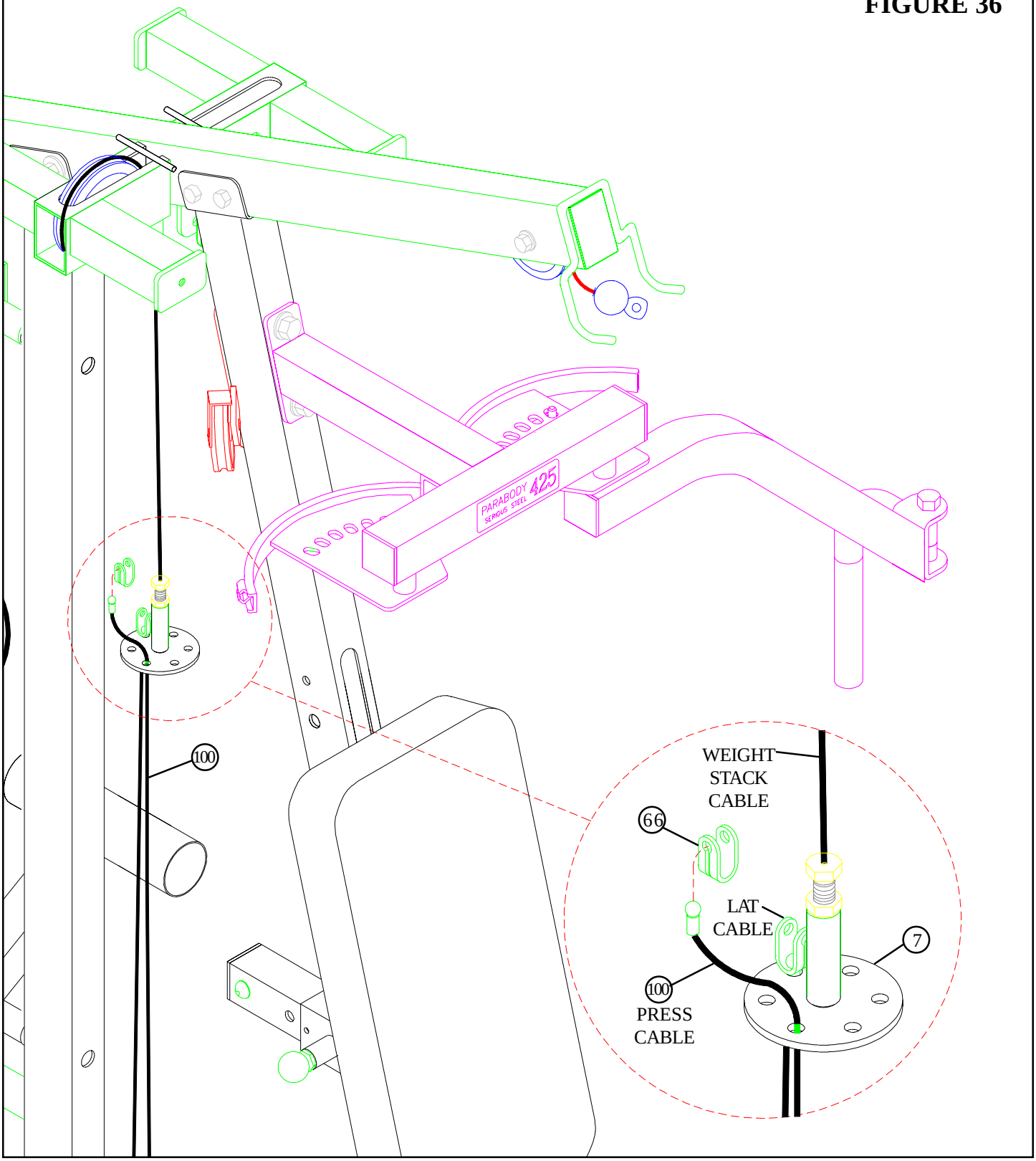


FIGURE 36



STEP 36

- Run the PRESS CABLE (100) through the hole in the D-RING (7) as shown in FIGURE 36 and attach one KEYHOLE CLEVIS (66) to the end of the PRESS CABLE (100). See FIGURE 36.

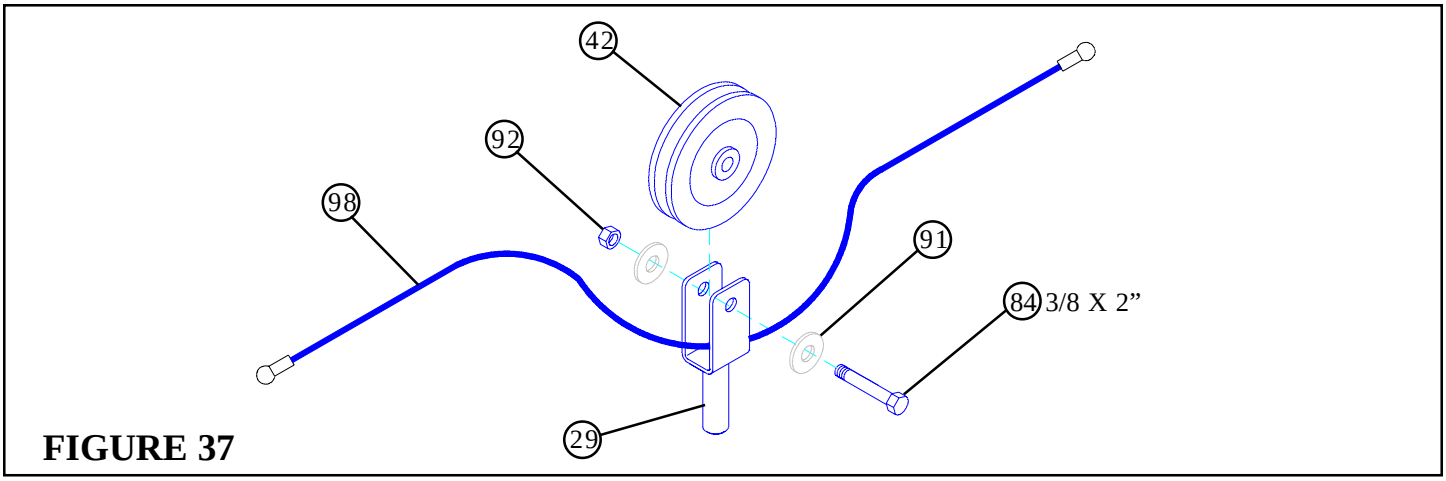


FIGURE 37

STEP 37

- Assemble one 3-1/2” PULLEY (42) around the PEC DEC CABLE (98) and to the PULLEY BRACKET (29) using one 3/8 X 2” BOLT (84), two 3/8” WASHERS (91) and one 3/8” LOCKNUT (92) as shown in FIGURE 37.

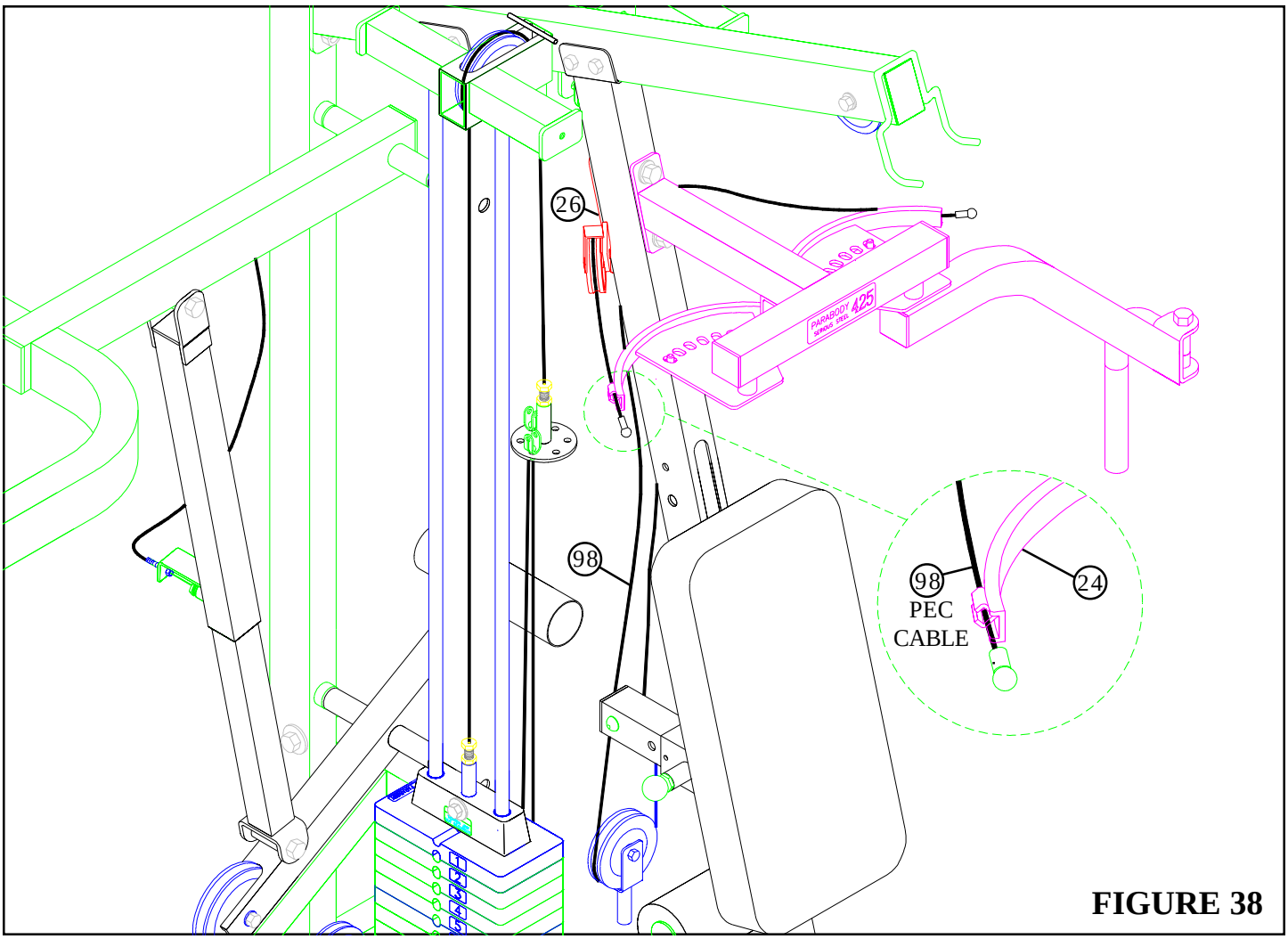
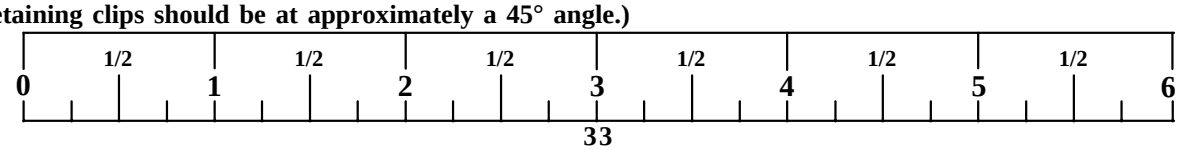
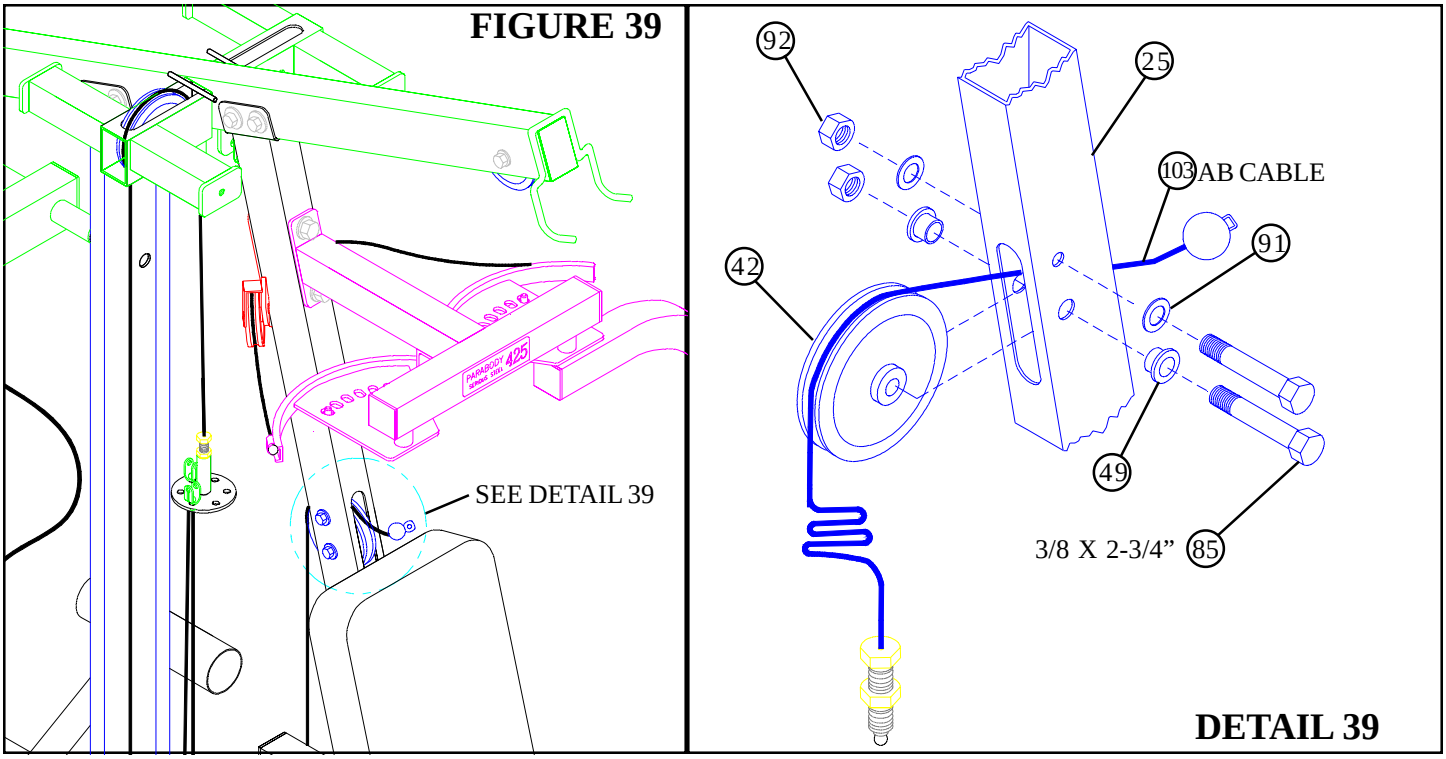


FIGURE 38

STEP 38

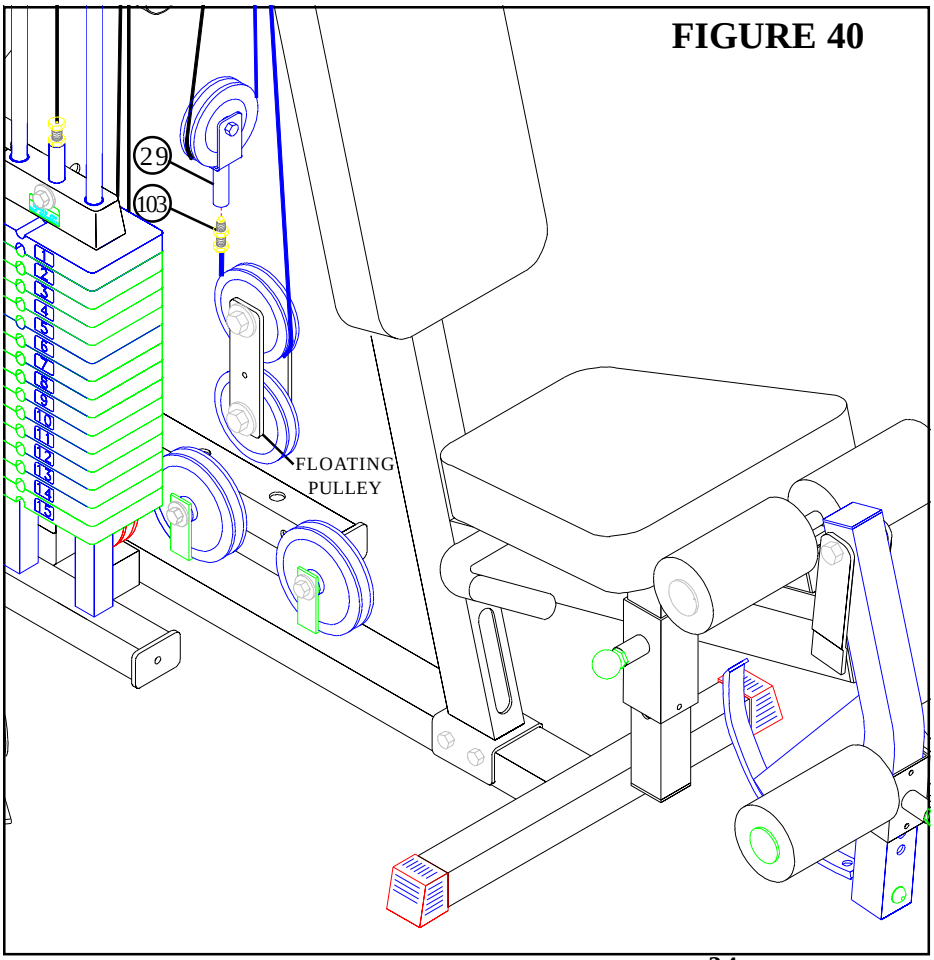
- Slide the ends of the PEC DEC CABLE (98) into the bushings on the PEC CAMS (24) as shown on FIGURE 38.
- Lay the PEC DEC CABLE (98) over the pulleys and under the cable retaining clips in the CENTER PULLEY BRACKET (26) as shown in FIGURE 38. **(NOTE: Securely tighten the pulley connections in the CENTER PULLEY BRACKET (26). The cable retaining clips should be at approximately a 45° angle.)**





STEP 39

- Securely assemble the ball end of the AB CABLE (103) and one 3-1/2” PULLEY (42) to the FRONT UPRIGHT (25) using two 3/8 X 2-3/4” BOLTS (85), two 3/8” FLANGE SPACERS (49), two 3/8” WASHERS (91), and two 3/8” LOCKNUTS (92). **(NOTE: The AB CABLE (103) should be routed underneath the retaining bolt as shown in DETAIL 39.)**



STEP 40

- Run the AB CABLE (103) through the floating pulley assembly, then screw the threaded end of AB CABLE (103) approximately 3/4” into the end of the PULLEY BRACKET (29) and tighten jam nut securely as shown in FIGURE 40.

IMPORTANT! Make sure the cables are running in the grooves of all pulleys.

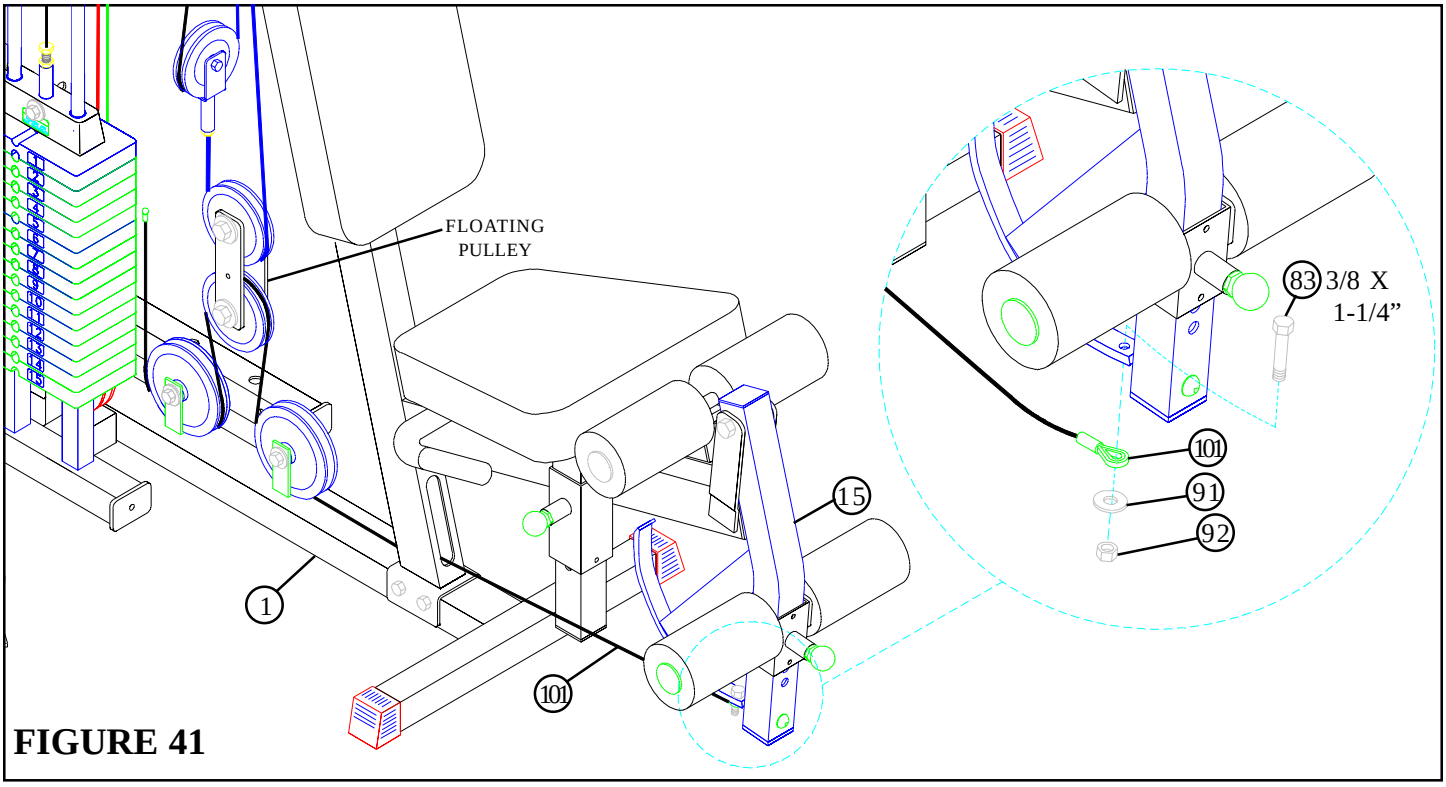


FIGURE 41

STEP 41

- **To assemble the LEG CABLE (101) follow the cable routing as shown and use the following steps:**
  - **SECURELY** attach the LEG CABLE (101) to the LEG CURL/EXT (15) using one 3/8 X 1-1/4” BOLT (83), one 3/8” WASHER (91), and one 3/8” LOCK NUT (92). See FIGURE 41.
  - Route the LEG CABLE (101) around the pulleys in the BASE (1) and through the floating pulley as shown in FIGURE 41.

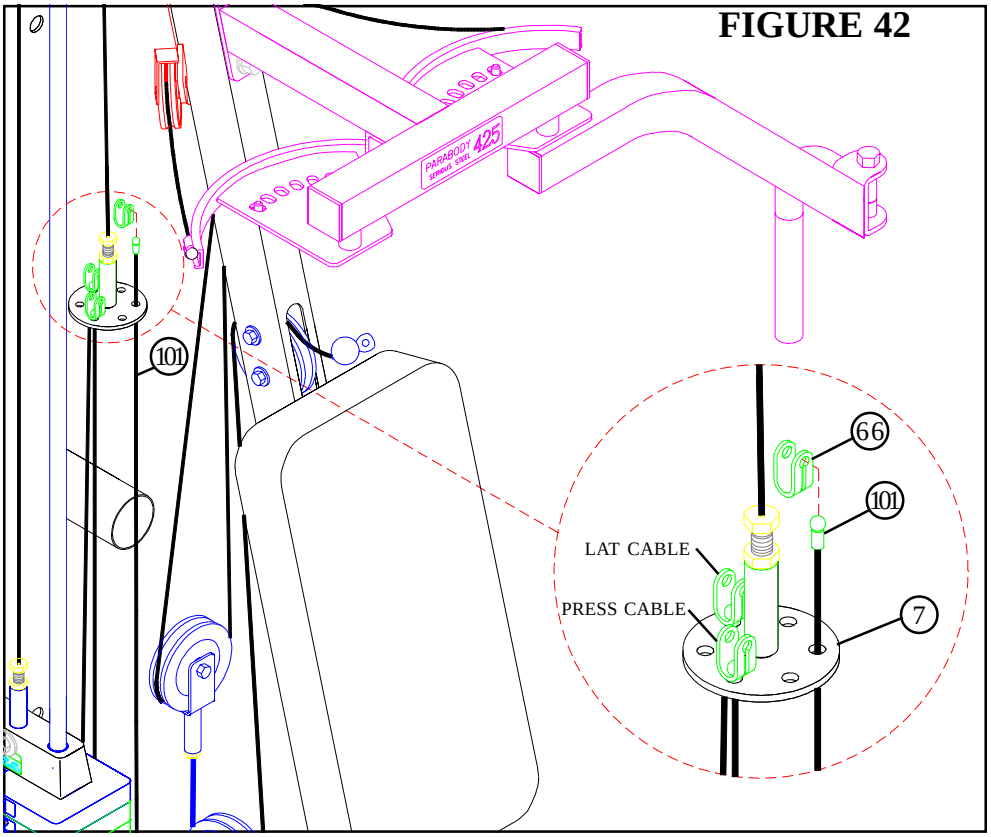
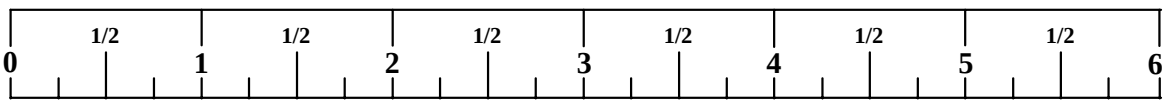


FIGURE 42

STEP 42

- Run the LEG CABLE (101) through the hole of the D-RING (7) and attach one KEYHOLE CLEVIS (66) to the end of the LEG CABLE (101). See FIGURE 42.



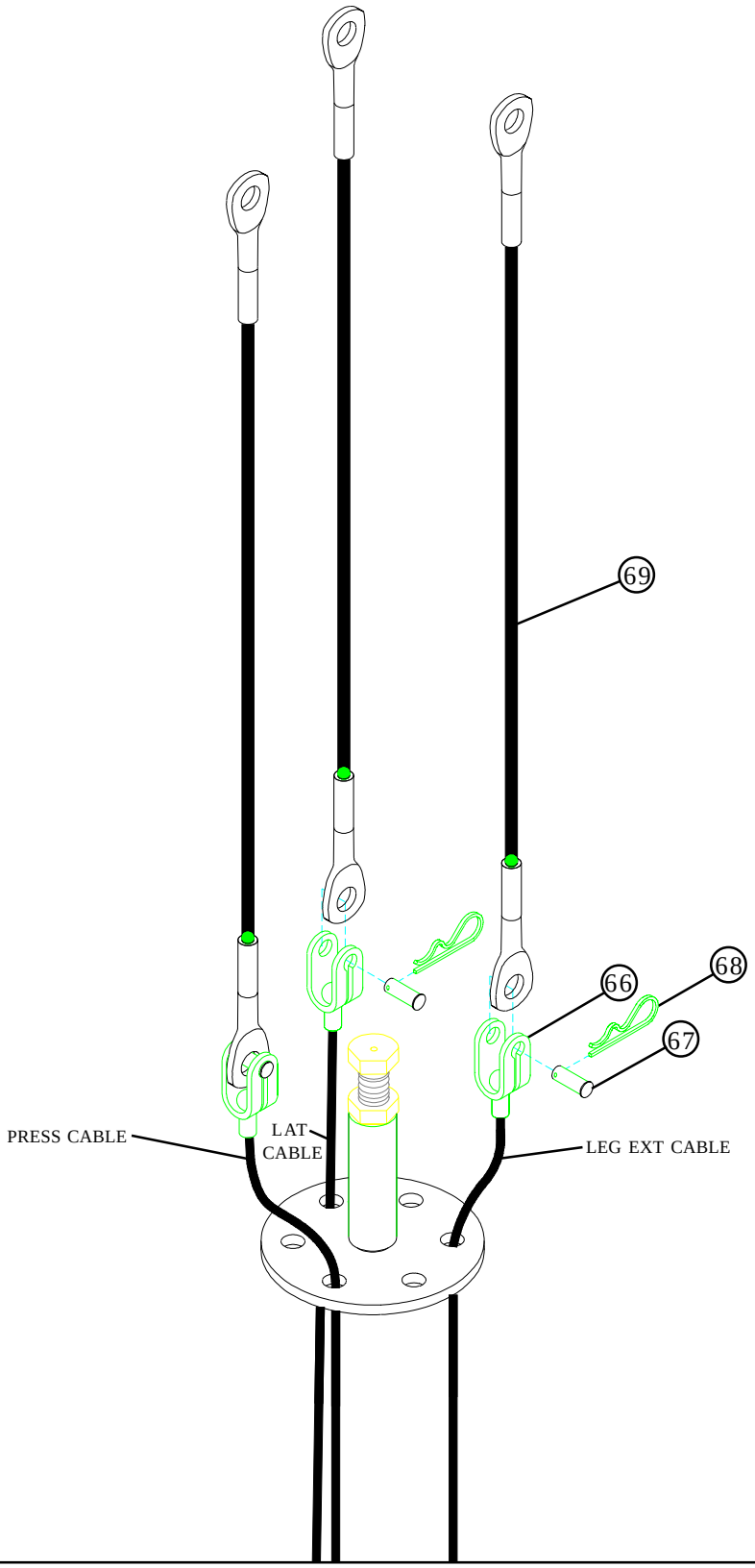


FIGURE 43

STEP 43

- Attach three TENSION CORDS (69) to the three KEYHOLE CLEVIS (66) using three CLEVIS PINS (67) and three COTTER PINS (68) as shown in FIGURE 43.

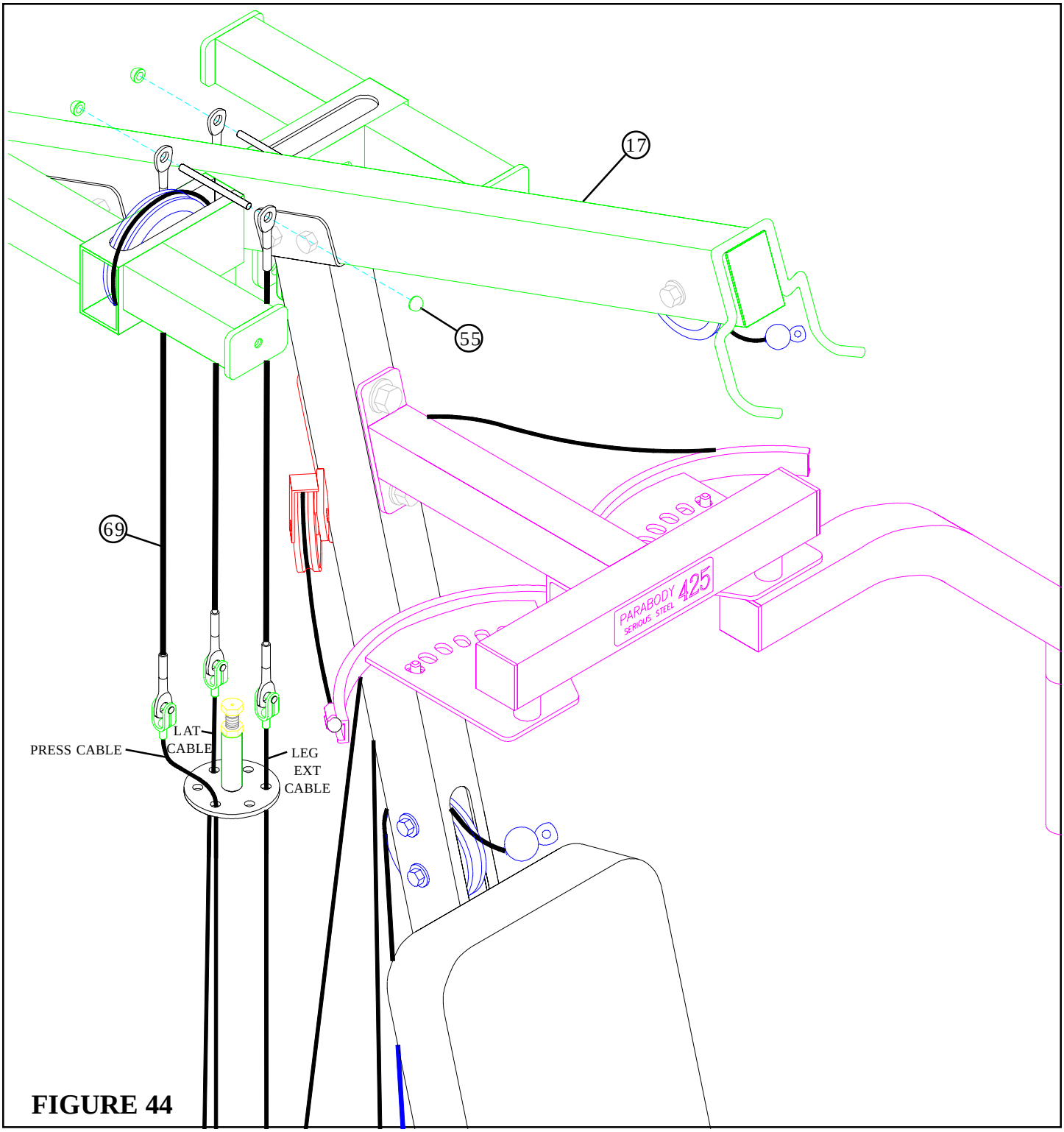


FIGURE 44

STEP 44

- Attach each TENSION CORD (69) to the corresponding small tube on the TOP BOOM (17) using three 1/4" CAP NUTS (55) as shown in FIGURE 44.

STEP 45

- If upon completion of assembly, the HEAD PLATE (72) does not sit on top of the first WEIGHT PLATE (105), push the HEAD PLATE (72) down, insert the WEIGHT STACK PIN (75) and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (72) from lifting up.
- If after completing previous step, the HEAD PLATE (72) still does not sit on top of the first WEIGHT PLATE (105) or if there is excess slack in the cable system, adjust the two threaded ends of the HEAD PLATE CABLE (102) accordingly and retighten the jam nuts.
- If there is excess slack in the AB or PEC DEC cable system, adjust the threaded end of the AB CABLE (103) accordingly and re-tighten the jam nut.

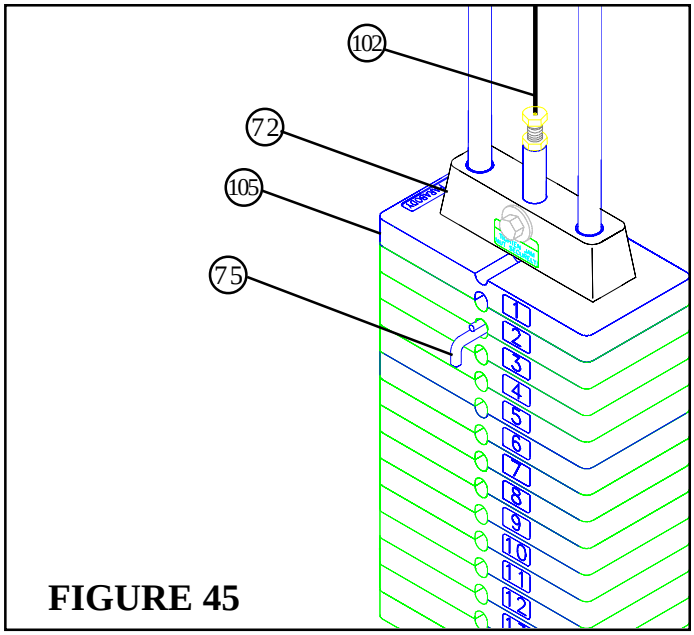


FIGURE 45

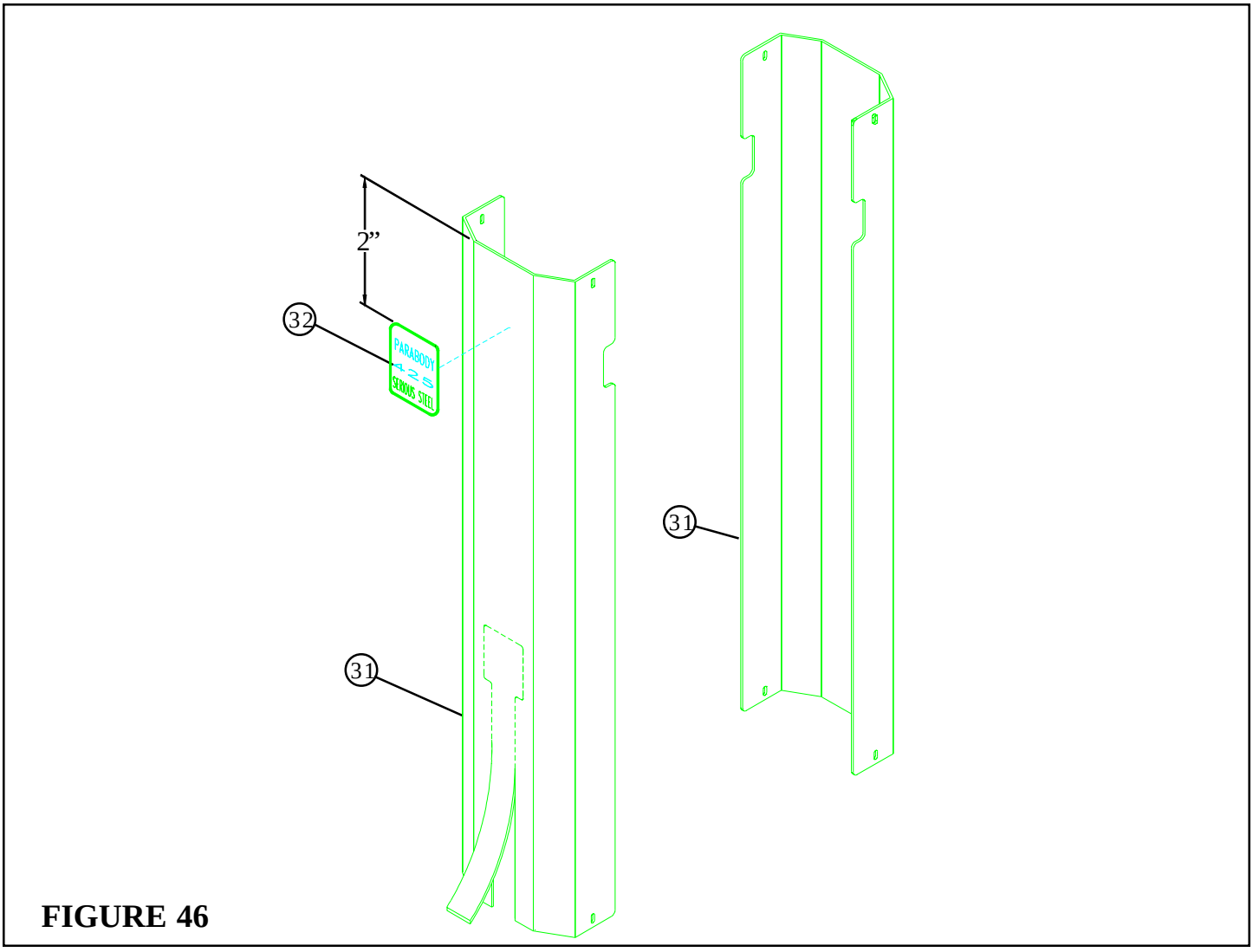
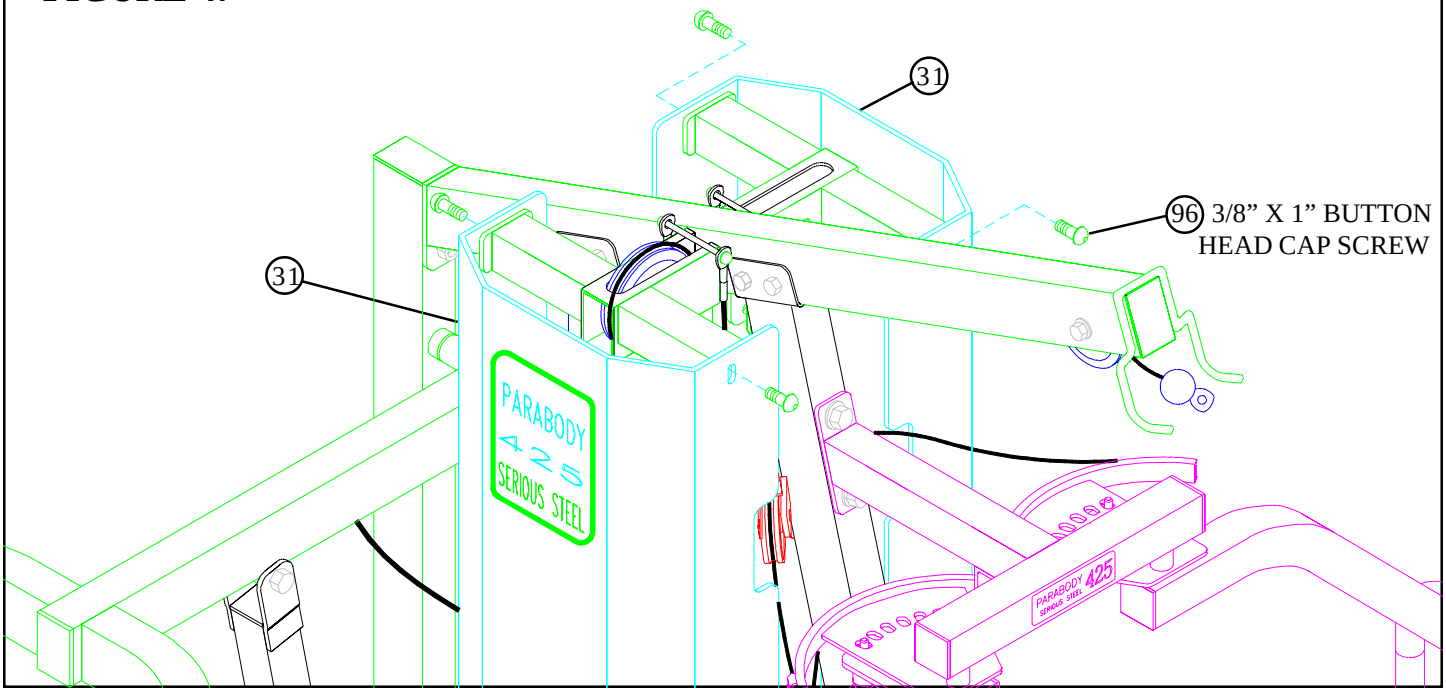


FIGURE 46

STEP 46

- Apply pressure to the bottom of one SHROUD (31) where thw “V” groove is and carefuly remove the weight stack opening on the plastic SHROUD (31) as shown in FIGURE 46. This will be the front SHROUD (31).
- Apply one PARABODY 425 SERIOUS STEEL LABEL (32) to the front SHROUD (31) approximately 2” from the top as shown in FIGURE 46.

FIGURE 47



STEP 47

- **SECURELY** attach the top of the front SHROUD (31-with label) & rear SHROUD (31) to the TOP BOOM (17) using four 3/8” X 1” BUTTON HEAD CAP SCREWS (96). See FIGURE 47.

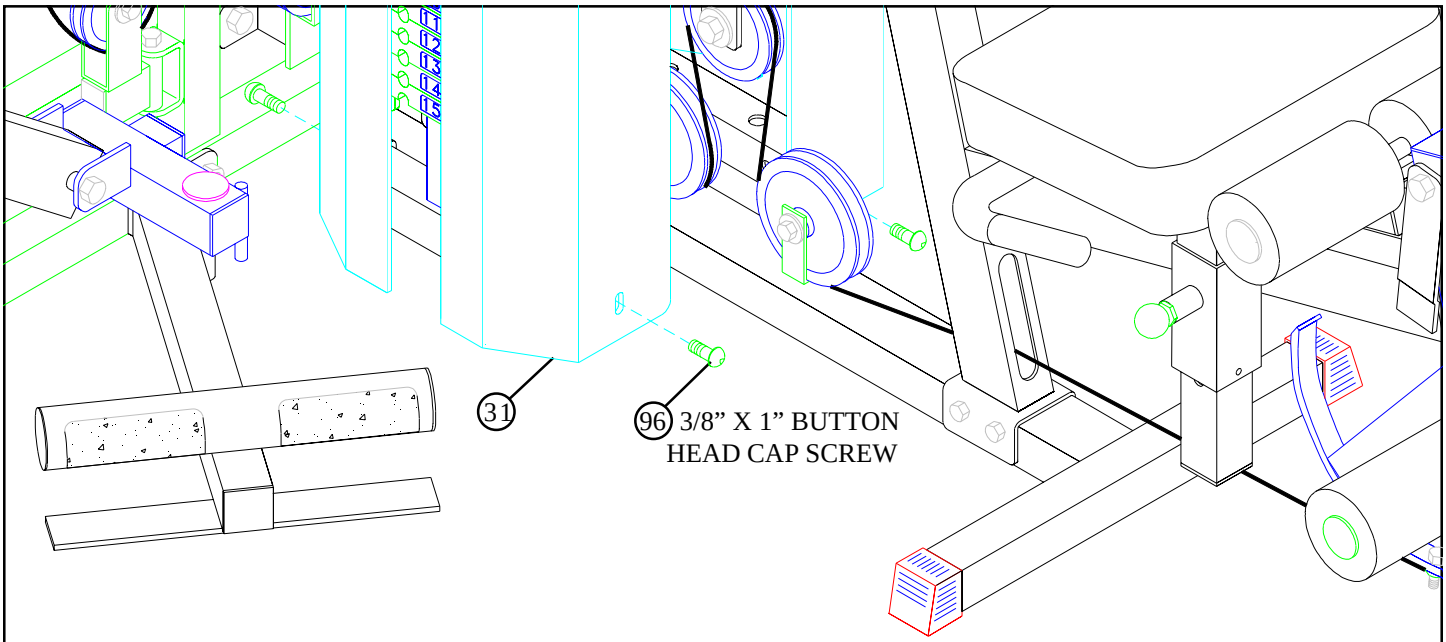
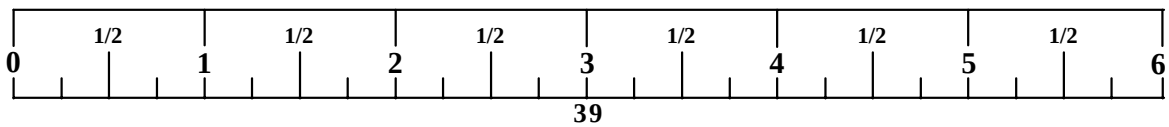


FIGURE 48

STEP 48

- **SECURELY** attach the bottom of the front SHROUD (31-with label) & rear SHROUD (31) to the TOP BOOM (17) using four 3/8” X 1” BUTTON HEAD CAP SCREWS (96). See FIGURE 48.



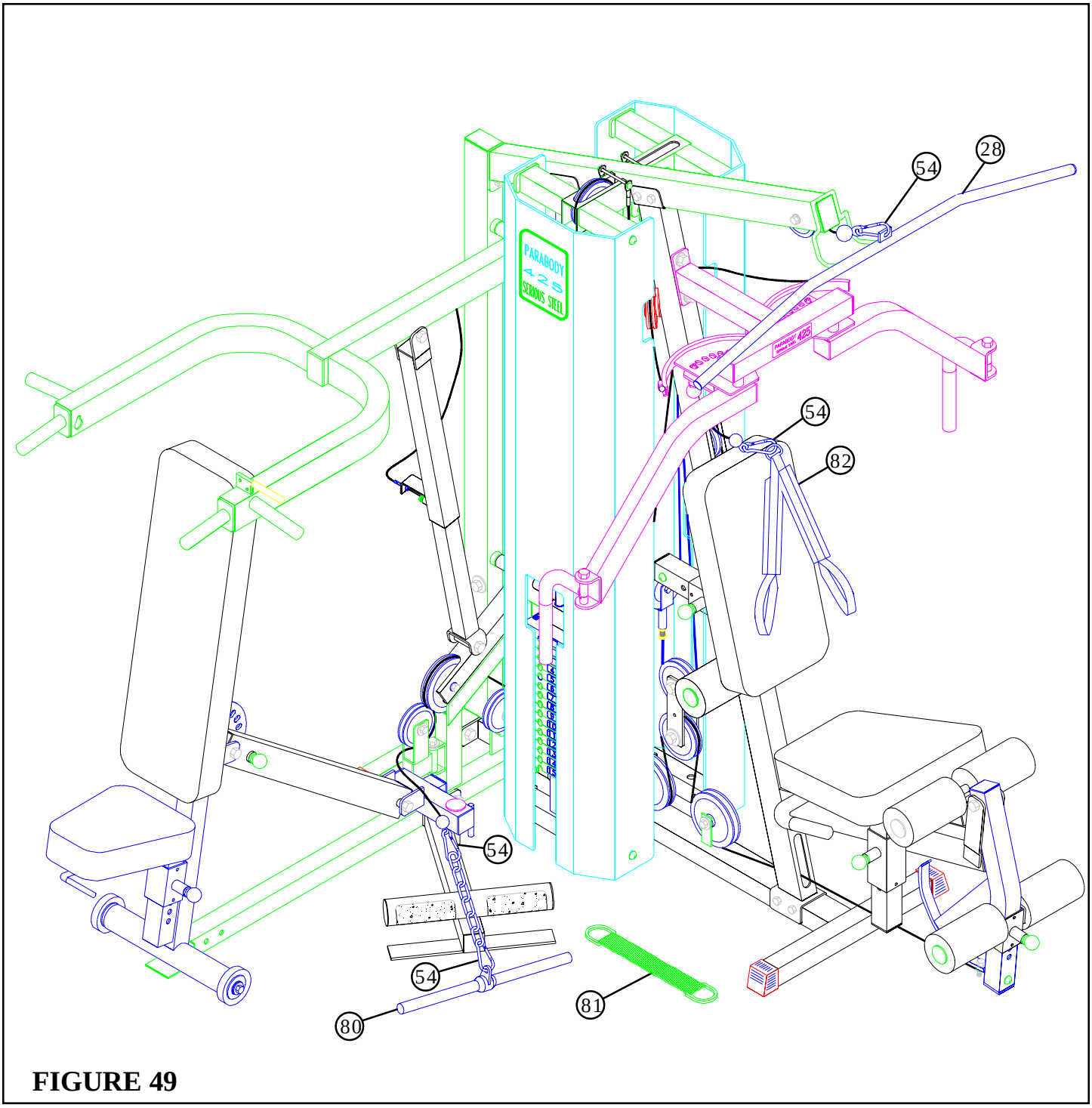


FIGURE 49

STEP 49

- Attach the LAT BAR (28) to the ball end of lat cable using one 5/16” SNAP LINK (54).
- Attach the AB CRUNCH STRAP (82) to the ball end of cable using one 5/16” SNAP LINK (54).
- Attach the LOW ROW BAR (80) or ANKLE STRAP (81) to the ball end of press cable using two 5/16” SNAP LINKS (54) and one 12 LINK CHAIN (74).

Thank you for purchasing the Parabody 425103 Home Gym. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.